



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


While most people choose to eat only the florets, the stem and leaves are also edible and are great for soups and stocks!



3 Paprika Chicken with Cauliflower Steaks

Paprika rubbed chicken schnitzels served with roasted cauliflower steaks, ricotta dollop and an orange, spinach & hazelnut salad.

 25 minutes

 2 servings



 Chicken

4 June 2021

Cauliflower

Some kids (and adults!) LOVE cauliflower, and some don't! Add a couple of potatoes cut into wedges to roast for some extra choice, alternatively try cauliflower mash (don't forget the butter!) - it is delicious!

FROM YOUR BOX

CAULIFLOWER	1/2
THYME	1 packet
ORANGE	1
GARLIC CLOVE	1
RICOTTA	1/2 tub (250g) *
CHICKEN SCHNITZELS 	300g
BABY SPINACH	1/2 bag (60g) *
ROASTED HAZELNUTS	1 packet (40g)
 VEGGIE PATTIES	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY


olive oil + oil for cooking, salt, pepper, ground or smoked paprika

KEY UTENSILS

oven tray, large frypan

NOTES

Cut cauliflower into florets if you prefer!

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. ROAST THE CAULIFLOWER

Set oven to 250°C.

Cut cauliflower into 1-2cm thick slices. Arrange on a lined oven tray and scatter with 1/4 packet thyme, oil, salt and pepper. Roast for 20 minutes or until lightly charred and tender.




2. MIX THE RICOTTA

Zest orange to yield 1 tbsp and pick leaves from 1/4 packet of thyme. Combine with crushed garlic clove, ricotta, 1-2 tsp olive oil and salt to taste.



3. COOK THE CHICKEN

Toss chicken schnitzels with 1 tsp paprika, salt and pepper. Heat a frypan over medium-high heat and cook for 4-5 minutes on each side or until cooked through.

 **VEG OPTION** - Heat a pan with oil over medium heat. Cook patties for 3-4 minutes each side until heated through.




4. PREPARE THE SALAD

In the meantime, use a small knife to peel and dice orange. Toss in a bowl with baby spinach and thyme leaves to taste. Roughly chop/crush and scatter over hazelnuts.



5. FINISH AND SERVE

Serve chicken schnitzels with cauliflower steaks, salad and ricotta.

 **VEG OPTION** - Serve veggie patties with cauliflower steaks, salad and ricotta.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

