



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Garlic

Remove the smell of garlic from your hands by running them under cold water while rubbing a stainless steel object!



A4

## Mediterranean Chicken with Crispy Potato Bites

Grilled oregano chicken schnitzels with a crunchy Greek salad and golden potato bites, served with a shallot and balsamic dressing.



25 minutes



4 servings



Chicken

2 December 2022

## Make a feta sauce!

*You can blend the feta cheese with a splash of milk or water to make a feta sauce if preferred! Delicious for dipping the crunchy potato bites!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	28g	60g

## FROM YOUR BOX

MEDIUM POTATOES	800g
GARLIC CLOVE	1
SHALLOT	1
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
FETA CHEESE	1 packet (200g)
CHICKEN SCHNITZELS	600g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

large frypan or BBQ, oven tray

## NOTES

The oven is set to 250°C for extra crispy potatoes. If yours doesn't reach that high, you can set it to 220°C and leave the potatoes in for longer.

Raw garlic can have a bit of spice; we recommend starting with 1/2 a clove and then adding more to taste. If you prefer cooked shallot, you can slice it and add it to the frypan with the chicken.



### 1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Dice potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes or until golden and cooked through.



### 4. COOK THE CHICKEN

Heat a frypan (or BBQ) over medium-high heat. Coat chicken with **1 tsp oregano, oil, salt and pepper**. Cook in pan for 4-5 minutes each side or until cooked through.



### 2. PREPARE THE DRESSING

Whisk together **1/4 cup balsamic vinegar, 1/4 cup olive oil, 2 tsp oregano, salt and pepper** in a bowl. Crush 1/2-1 garlic clove and finely chop shallot (see notes). Add to dressing.



### 3. PREPARE THE SALAD

Halve tomatoes, slice capsicum and cucumber (deseed if preferred). Dice feta. Toss together and set aside.



### 5. FINISH AND SERVE

Serve chicken, potatoes and salad with dressing to taste.

**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**

