

**Product Spotlight:  
Feta Cheese**

Traditionally, feta is made from sheep's milk, although it can be made from sheep's, goat's or cow's milk or any combination of the three.



## Honey Mustard Chicken Skewers

BBQ chicken and veggie skewers with a honey mustard marinade served with roasted sweet potatoes and finished with creamy feta crumble.



40 minutes



2 servings



Chicken

## Make a feta sauce!

*You can blend the feta cheese with 1/3 cup of water until smooth to make a dipping sauce for the skewers.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 41g     | 16g       | 36g           |

## FROM YOUR BOX

|                      |          |
|----------------------|----------|
| SWEET POTATOES       | 400g     |
| DIJON MUSTARD        | 1 jar    |
| SHALLOT              | 1        |
| RED CAPSICUM         | 1        |
| COURGETTES           | 2        |
| DICED CHICKEN BREAST | 300g     |
| FETA CHEESE          | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, red wine vinegar, wooden (or metal) skewers

## KEY UTENSILS

oven tray, griddle pan or BBQ

## NOTES

You can use maple syrup instead of honey in the dressing if preferred. Add a dried herb to the dressing for extra flavour.



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### 1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut **sweet potatoes** into large wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes or until cooked through.



### 4. COOK THE SKEWERS

Heat a griddle pan or BBQ over medium-high heat. Thread **chicken** and **vegetables** evenly onto skewers. Add to griddle pan as you go. Cook, rotating, for 10-15 minutes or until **chicken** is cooked through.



### 2. PREPARE THE DRESSING

Whisk together **mustard**, **2 tbsp honey**, **3 tbsp vinegar** and **3 tbsp olive oil** (see notes). Season with **salt and pepper**.



### 5. FINISH AND SERVE

Crumble **feta cheese** over **sweet potatoes** (use to taste). Serve with **skewers** and **remaining dressing**



### 3. PREPARE THE SKEWERS

Dice **shallot**, **capsicum** and **courgettes** into evenly sized pieces. Toss in a bowl with **diced chicken** and **2 tbsp prepared dressing**.

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