



### Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



## Paprika Chicken Skewers with Crispy Potato Rounds

Chicken skewers barbecued with a paprika and herb rub served alongside crispy potato rounds, rainbow veggie sticks and a yoghurt dip.



30 minutes



2 servings



Chicken

### Mix it up!

*You can add the capsicum to the chicken skewers if preferred! Mushrooms, zucchini and red onion also work well! Add fresh herbs or pesto to the yoghurt dip for a different flavour.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	7g	68g

## FROM YOUR BOX

MEDIUM POTATOES	3
DICED CHICKEN BREAST	300g
PAPRIKA HERB MIX	1 packet
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
CARROT	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground or smoked paprika, skewers

## KEY UTENSILS

oven tray, BBQ or griddle pan

## NOTES

You can cook the skewers in the oven along with the potatoes if preferred.

*Paprika Herb Mix: ground paprika, garlic powder, onion powder, dried thyme, sea salt, cracked black pepper.*



### 1. ROAST THE POTATOES

Set oven to 250°C.

Slice **potatoes** and toss on a lined oven tray with **1/2 tsp paprika, oil, salt and pepper**. Roast for 20-25 minutes until golden and crispy.



### 4. PREPARE THE VEGETABLES

Cut **carrot, cucumber** and **capsicum** into veggie sticks.



### 2. COOK THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat (see notes). Toss **chicken** with **1 tbsp herb mix, salt and pepper**. Thread evenly onto skewers and cook for 8-10 minutes, turning until cooked through.



### 5. FINISH AND SERVE

Serve **potatoes, chicken skewers** and **veggie sticks** at the table with **dipping sauce**.

### 3. PREPARE DIPPING SAUCE

Meanwhile, combine **1 tbsp herb mix** with **yoghurt** and **1/2-1 crushed garlic clove**. Season with **salt and pepper** to taste.



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