



Product Spotlight: Garlic

To make peeling garlic cloves easier, place them on a cutting board, press down on them gently with the flat side of a knife, and then the skin should come off more easily.



Souvlaki Chicken with Garlic Fries

Takeout, but better! Souvlaki-style paprika chicken, served with garlic roasted fries, fresh and crunchy vegetables and a delicious capsicum sauce.

 30 minutes

 2 servings

 Chicken

Switch it up!

Roast sliced capsicum and cherry tomatoes with the chicken. Serve the finished dish with a sauce of your choice such as a garlic sauce, romesco, tomato salsa, or eggplant dip.

Per serve: **PROTEIN** 38g **TOTAL FAT** 24g **CARBOHYDRATES** 36g

FROM YOUR BOX

MEDIUM POTATOES	3
GARLIC CLOVES	2
CHICKEN BREAST FILLETS	300g
PAPRIKA HERB MIX	1 packet
WALNUTS	40g
RED CAPSICUM	1
BABY COS LETTUCE	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, olive oil, white vinegar, salt, pepper

KEY UTENSILS

2 oven trays, stick mixer (or small blender)

NOTES

Add extra flavour such as dried or fresh oregano, thyme or rosemary.

For extra flavour cook roughly chopped capsicum in a frypan over medium-high heat, or cook whole capsicum directly on BBQ until charred.

Use the lettuce, tomatoes and cucumber to make a salad; dress with vinegar or lemon juice and olive oil.

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



1. COOK THE GARLIC CHIPS

Set oven to 220°C.

Cut **potatoes** into chips and crush **1 garlic clove**. Toss on a lined oven tray with **oil**, **salt and pepper** (see notes). Roast for 20-25 minutes until golden and crispy.



2. ROAST THE CHICKEN

Halve **chicken** and place on a second lined oven tray. Coat with **oil**, **paprika herb mix**, **salt and pepper**. Roast for 20-25 minutes until chicken is cooked through.



3. MAKE THE SAUCE

Use a stick mixer (see notes) to blend roughly chopped **walnuts**, **capsicum**, **remaining garlic clove**, **1 tbsp olive oil**, **1 tbsp vinegar** and **1 tbsp water** to rough consistency. Season to taste with **salt and pepper**.



4. PREPARE THE INGREDIENTS

Shred **lettuce**, halve **tomatoes** and crescent **cucumber** (see notes).



5. FINISH AND SERVE

Slice **chicken** and serve with **chips** and **fresh salad**. Serve with **sauce** for dipping or drizzling.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

