

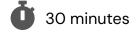




Souvlaki Chicken

with Garlic Fries

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





2 servings



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

PROTEIN TOTAL FAT CARBOHYDRATES

26g

54g

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 <u>1 garlic</u> <u>clove</u>. Toss on a lined oven tray with <u>oil</u>, <u>salt and pepper</u> (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, 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

Divide chips, fresh ingredients and chicken among plates. Serve with sauce for dipping or drizzling.





