



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!



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.

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



4/6 servings



Chicken

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 40g/44g | 6g/7g | 43g/47g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|--------------------|----------|-------------|
| MEDIUM POTATOES | 800g | 1.2kg |
| DICED CHICKEN | 600g | 600g + 300g |
| PAPRIKA HERB MIX | 1 packet | 2 packets |
| NATURAL YOGHURT | 1 tub | 2 tubs |
| GARLIC CLOVE | 1 | 1 |
| CARROTS | 2 | 3 |
| LEBANESE CUCUMBERS | 2 | 3 |
| RED CAPSICUM | 1 | 2 |

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.



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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 **carrots, cucumbers** 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 1/2 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

Combine remaining **herb mix** with **yoghurt** and **1/2-1 crushed garlic clove**. Season with **salt and pepper** to taste.

6P - Combine 2-3 tbsp herb mix with 2 tubs yoghurt and 1 crushed garlic clove. Season with salt and pepper to taste.

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