



### Product Spotlight: Pepitas

With a wide variety of nutrients like magnesium, copper, protein and zinc, pepitas are nutritional powerhouses that can give your health an added boost.



## F2 Lebanese Chicken with Roast Cauliflower

Diced chicken breast pieces coated in lemon zest and paprika, skewered and grilled, served with roasted cauliflower and dip.

 30 minutes

 2 servings

 Chicken

8 April 2022

## Less dishes!

*Want to have less dishes? Skip making skewers. Season chicken and add to oven tray with cauliflower and roast for the last 10-12 minutes or until chicken is cooked through.*

Per serve: **PROTEIN** 53g **TOTAL FAT** 58g **CARBOHYDRATES** 15g

## FROM YOUR BOX

CAULIFLOWER BLOSSOMS	1 punnet
PEPITAS	1 packet (20g)
LEMON	1
DICED CHICKEN BREAST	300g
MINT	1 bunch
LEBANESE CUCUMBER	1
OLIVES	1 jar
DIP	1 tub

## FROM YOUR PANTRY

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

## KEY UTENSILS

griddle pan, oven tray

## NOTES

Give the oven tray a little toss and turn half way through cooking to prevent the cauliflower from burning.



### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Halve cauliflower blossoms. Toss on a lined oven tray with pepitas, **oil, salt and pepper**. Roast for 10-15 minutes (see notes) until cauliflower is golden and tender.



### 2. PREPARE THE CHICKEN

Zest lemon to yield 2 tsp. Coat chicken in **oil, lemon zest, 2 tsp paprika, salt and pepper**. Thread seasoned chicken onto **skewers**.



### 3. GRILL THE CHICKEN

Heat a griddle pan (or BBQ) over medium-high heat. Add chicken skewers and cook, turning occasionally, for 8-10 minutes until chicken is cooked through.



### 4. PREPARE THE VEGETABLES

Roughly chop mint leaves and dice cucumber. Drain and rinse olives, chop if desired. Add to a large bowl.



### 5. TOSS THE CAULIFLOWER

Add roasted cauliflower and pepitas to bowl with prepared vegetables. Squeeze over juice of 1/2 lemon (wedge remaining), and toss until well combined.



### 6. FINISH AND SERVE

Evenly divide chicken skewers among plates along with tossed cauliflower. Serve with dip and remaining lemon wedges.

**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 **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

