



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lemon


Lemons are a good source of vitamin C, magnesium and potassium – minerals and antioxidants that give you better hair, skin and stronger nails!



F2 Lemon & Oregano BBQ Chicken with Greek Potatoes

Lemon and oregano chicken thigh fillets cooked on the BBQ, served with Greek-style roast potatoes, fresh salad, and dip to serve.

 30 minutes

 2 servings

 Chicken

18 February 2022

Switch it up!

Save the potatoes for another day and transform this dish into wraps! Spread even layers of dip over the wraps then top with fresh vegetables and BBQ'd chicken. Perfect for dinner or lunch.

Per serve: **PROTEIN** 43g **TOTAL FAT** 37g **CARBOHYDRATES** 46g

FROM YOUR BOX

LEMON	1
MEDIUM POTATOES	3
CHICKEN THIGH FILLETS	300g
GREEN CAPSICUM	1
BABY COS LETTUCE	1
CHERRY TOMATOES	1 bag (200g)
DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, vinegar (of choice)

KEY UTENSILS

oven tray, BBQ (or griddle pan)

NOTES

You can cook the chicken on the oven tray with the potatoes if you don't want to use the BBQ.



1. ROAST THE POTATOES

Set oven to 220°C.

Zest lemon (set aside) and slice. Thinly slice potatoes. Toss on a lined oven tray with oil, **2 tsp dried oregano, salt and pepper**. Roast for 20–25 minutes until potatoes are golden.



4. FINISH AND SERVE

Divide potatoes, chicken and salad among plates. Serve with dip to taste.



2. BBQ THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat. Add reserved lemon zest to a bowl along with **2 tsp oil, 1 tsp oregano, salt and pepper**. Mix together. Coat chicken in lemon mix and add to BBQ. Cook for 6–8 minutes each side or until cooked through.



3. PREPARE THE SALAD

Slice capsicum and lettuce. Halve cherry tomatoes. Toss in a bowl together with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.

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

