



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 cooked on a griddle pan, served with roasted cauliflower and dip.

 30 minutes

 4 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** 54g **TOTAL FAT** 49g **CARBOHYDRATES** 17g

FROM YOUR BOX

CAULIFLOWER	1
PEPITAS	1 packet (40g)
LEMON	1
DICED CHICKEN BREAST	600g
MINT	1 bunch
LEBANESE CUCUMBERS	2
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.

Cut cauliflower into florets. Toss on a lined oven tray with pepitas, **oil, salt and pepper**. Roast for 20-25 minutes (see notes) until cauliflower is golden and tender.



2. PREPARE THE CHICKEN

Zest lemon. Coat chicken in **oil**, lemon zest, **1 tbsp 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 cucumbers. Drain and rinse olives, roughly 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

