



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!




Lemon Chicken Thighs

with Greek Potatoes

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

 30 minutes

 4 servings

 Chicken

13 January 2023

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** 36g **TOTAL FAT** 27g **CARBOHYDRATES** 48g

FROM YOUR BOX

LEMON	1
MEDIUM POTATOES	1 bag (800g)
CHICKEN THIGH FILLETS	600g
GREEN CAPSICUM	1
BABY COS LETTUCE	2-pack
CHERRY TOMATOES	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, 1 tbsp oregano, salt and pepper**. Roast for 20–25 minutes until potatoes are golden.



4. LOOSEN THE DIP

Add dip to a bowl along with **2 tbsp water**. Stir to loosen.



2. BBQ THE CHICKEN

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



5. FINISH AND SERVE

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



3. PREPARE THE SALAD

Slice capsicum and lettuce. Halve cherry tomatoes. Toss in a bowl together with **1 tbsp olive oil, 1/2 tbsp 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**

