



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: GH Produce Spice Rub

Made in WA, gluten-free and paleo. Sizzling-good flavour with Aussie favs like smoked paprika, chipotle, garlic, Tasmanian pepper berry, saltbush, desert lime, and more! Love it? Grab a jar on the Marketplace!



## 2 BBQ Chicken and Wedges

Tender free-range WA-raised chicken breast and satisfying potato wedges in true blue Ozzie spice rub from local GH produce served alongside a fresh side salad.

 35 minutes

 2 servings

 Chicken

23 April 2021

## Roast carrot

*If preferred, you can chop and roast the carrot with the potato wedges. To bulk up the meal, you can also add extra veggies you may have in the back of your fridge, such as pumpkin, broccoli or onion.*

## FROM YOUR BOX

POTATOES	400g
OZZIE BBQ SPICE RUB	1 sachet (30g)
CHICKEN BREAST (SKIN-ON)	300g
ORANGE	1
PARSLEY	1/2 bunch *
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
CARROT	1
MESCLUN LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dijon mustard, red wine vinegar (or other of choice)

## KEY UTENSILS

oven tray, stick mixer or small processor

## NOTES

Sweeten the dressing with a dash of honey, syrup or sugar if preferred.

You can use the leftover spice mix on lamb veggies (great on corn cobs!), beef steak, or in this week's beef nachos dish in place of cumin and oregano.



### 1. PREPARE THE POTATOES

Set oven to 220°C.

Cut potatoes into wedges, toss on a lined oven tray with 1/2 tbsp BBQ rub and **oil**.



### 2. COOK THE CHICKEN

Slash chicken breast in 3-4 places and place next to potatoes. Rub with 1/2 tbsp BBQ rub and **oil**. Cook in the oven for 20-25 minutes or until cooked through.



### 3. MAKE THE DRESSING

Zest orange to yield 2 tsp and juice half. Place into a jug with roughly chopped parsley, crushed garlic, **1 tsp mustard**, **1/2 tbsp vinegar** and **3 tbsp olive oil**. Blend and season with **salt and pepper** (see notes).



### 4. MAKE THE SALAD

Chop cucumber and remaining orange. Ribbon carrot using a peeler. Toss together with mesclun leaves and 1 1/2 tbsp dressing.



### 5. FINISH AND PLATE

Slice chicken and serve with wedges, salad and remaining dressing.

**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)

