



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Courgettes


Courgette or baby zucchini is actually a fruit although most times prepared and cooked as a vegetable. It is attached to a yellow edible flower.



## 2 Barbecued Chicken with Grilled Peperonata

Light up the barbecue and get grilling! Lightly charred peppers and courgettes tossed with balsamic dressing, seared chicken and crunchy potatoes.

 30 minutes

 2 servings

 Chicken

17 December 2021

## Mix it up!

*Cook it all inside. Dice courgettes and shallot and add to tray with potatoes. Slice the capsicum and leave fresh. Pan fry the chicken and drizzle over the dressing to serve.*

## FROM YOUR BOX

BABY POTATOES	400g
SHALLOT	1
RED CAPSICUM	1
GREEN CAPSICUM	1
COURGETTES	2
GARLIC CLOVE	1
CHICKEN SCHNITZELS	300g
BASIL	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

## KEY UTENSILS

barbecue or grill/frypan, oven tray

## NOTES

You could double the dressing quantity and toss the potatoes into the peperonata at step 5 if desired.

Olives would make a great addition if you have some at home.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Halve potatoes and toss on a lined oven tray with **1/2 tsp oregano, oil, salt and pepper**. Cook for 20–25 minutes until golden and tender.



### 2. GRILL THE VEGETABLES

Heat the barbecue (or grill/frypan) to medium-high heat. Slice shallot, capsicums and courgettes. Toss with **oil, salt and pepper**. Grill until lightly charred and tender. Cook in batches if needed.



### 3. MAKE THE DRESSING

Crush garlic. Whisk together with **2 tbsp olive oil and 1 tbsp balsamic vinegar**. Season to taste with **salt and pepper**.



### 4. COOK THE CHICKEN

Heat a second pan over medium-high heat. Rub chicken with **1/2 tsp oregano, oil, salt and pepper**. Cook for 4–5 minutes each side or until cooked through.



### 5. FINISH THE PEPERONATA

Slice grilled vegetables into strips. Roughly chop basil and mix half with vegetables and dressing. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve chicken with potatoes, peperonata and a sprinkle of fresh basil.

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