

**Product Spotlight:
Feta Cheese**

Traditionally, feta is made from sheep's milk, although it can be made from sheep's, goat's or cow's milk or any combination of the three.



Honey Mustard Chicken Skewers

with Feta Sweet Potatoes

BBQ chicken and veggie skewers with a honey mustard marinade served with roasted sweet potatoes and finished with creamy feta crumble.



40 minutes



2 servings



Chicken

Make a feta sauce!

You can blend the feta cheese with 1/3 cup of water until smooth to make a dipping sauce for the skewers.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	39g	70g

FROM YOUR BOX

SWEET POTATOES	400g
BAVARIAN MUSTARD	1 jar
RED ONION	1
RED CAPSICUM	1
COURGETTES	2
DICED CHICKEN BREAST	300g
FETA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, red wine vinegar, wooden (or metal) skewers

KEY UTENSILS

oven tray, griddle pan or BBQ

NOTES

You can use maple syrup instead of honey in the dressing if preferred. Add a dried herb to the dressing for extra flavour.



1. ROAST THE SWEET POTATOES

Set oven to 250°C.

Cut sweet potatoes into large wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



2. PREPARE THE DRESSING

Whisk together mustard, **2 tbsp honey**, **3 tbsp vinegar** and **3 tbsp olive oil** (see notes). Season with **salt and pepper**.



3. PREPARE THE SKEWERS

Dice onion (use to taste), capsicum, and courgettes into evenly sized pieces. Toss in a bowl with diced chicken and 1/4 cup of prepared dressing.



4. COOK THE SKEWERS

Heat a griddle pan or BBQ over medium-high heat. Thread chicken and vegetables evenly onto skewers. Add to griddle pan as you go. Cook, rotating, for 15 minutes or until chicken is cooked through.



5. FINISH AND SERVE

Crumble feta cheese (use to taste) over sweet potatoes. Pour remaining dressing over skewers to coat. Serve at the table.



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