



### 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



4 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
	49g	28g	57g

## FROM YOUR BOX

SWEET POTATOES	800g
BAVARIAN MUSTARD	1 jar
RED ONION	1
RED CAPSICUM	1
ZUCCHINI	1
DICED CHICKEN BREAST	600g
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 zucchini 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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