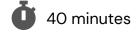


Honey Mustard Chicken Skewers

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

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 mediumhigh 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.







