



### Product Spotlight: Yoghurt

Yoghurt is made with probiotic bacterial cultures and is good for digestive health. It is also a hugely versatile ingredient and can be used to make salad dressing, sauce, marinade, or served at breakfast.



## Buffalo Chicken Pizza

### with Ranch Sauce

Quick and easy family pizza night is sorted! Pizzas topped with ranch sauce, buffalo chicken, fresh tomato and avocado, pickled onion and fresh rocket leaves!



20 minutes



4 servings



Chicken

### Spice it up!

Add BBQ sauce to the pizza bases. Top pizzas with chicken, tomato and cheese. Warm in the oven to melt the cheese. Add remaining toppings and drizzle over ranch sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	14g	79g

## FROM YOUR BOX

RED ONION	1
NATURAL YOGHURT	1 tub
RANCH SPICE MIX	1 packet
LARGE WRAPS	8-pack
RED CAPSICUM	1
PRE-COOKED CHICKEN BREAST	1 packet
AVOCADOS	2
TOMATOES	2
ROCKET LEAVES	120g

## FROM YOUR PANTRY

oil for cooking, salt, smoked paprika, vinegar of choice, sugar of choice

## KEY UTENSILS

2 frypans

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste. We used white sugar and white vinegar; you can substitute with apple cider, red wine or white wine vinegar, brown sugar, raw sugar or coconut sugar.

**No gluten option - wraps are replaced with GF pizza bases. Follow packet instructions to heat.**

\*This meal originally included corn, due to supply issues, this had to be removed.



### 1. PICKLE THE ONION

In a non-metallic bowl (see notes), whisk together **1/3 cup vinegar**, **1/3 cup water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice onion and add to bowl. Set aside.



### 2. MAKE THE RANCH SAUCE

Add yoghurt, ranch spice mix, **1 tbsp water** and **1 tbsp vinegar** to a bowl. Mix to combine.



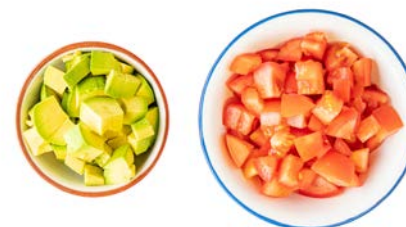
### 3. WARM THE WRAPS

Heat a frypan over medium-high heat. Add wraps and cook for 1-2 minutes each side until warm. Wrap the wraps in a clean tea towel until ready to serve.



### 4. WARM THE CHICKEN

Heat a second frypan over medium-high heat with **oil**. Dice capsicum. Roughly tear or chop chicken. Add to pan as you go along with **1 1/2 tsp paprika**. Cook for 3-4 minutes until capsicum is tender and chicken is warmed through.



### 5. PREPARE FRESH ELEMENTS

Dice avocado and tomatoes.



### 6. FINISH AND SERVE

Drain pickled onion.

Build pizzas with ranch sauce, warmed chicken, fresh elements, onion and rocket leaves. Or take all of the elements to the table for everyone to build their own pizza!

**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**

