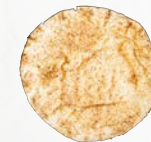




Product Spotlight: Lebanese Flatbreads

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.



Lemon & Herb Chicken Kebabs

Juicy lemon-and-herb marinated chicken kebabs are grilled alongside colourful vegetables and served with warm flatbreads, cool yoghurt, and fresh salad for an easy, hands-on meal that's perfect for a relaxed Summer dinner.



30 minutes



Chicken



4/6 servings

Switch it up!

If you don't feel like firing up the BBQ to cook the chicken and veggies, you can roast them in the oven, use a griddle pan or a frypan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	35g	54g

FROM YOUR BOX

	4 PERSON	6 PERSON
ZUCCHINI	1	2
YELLOW CAPSICUM	1	2
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
CHICKEN TENDERLOINS	600g	600g + 300g
LEMON	1	2
ROSEMARY STEM	2	3
LEBANESE FLATBREADS	5-pack	2x 5-pack
GREEK YOGHURT	170g	2x 170g

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

BBQ or griddle pan

NOTES

You can toast the flatbread on the BBQ for 30 seconds each side or in a sandwich press if preferred.

Jazz up the yoghurt by adding finely chopped parsley or mint!

No gluten option - Lebanese flatbreads are replaced with GF flatbreads.



1. PREPARE THE VEGGIES

Thickly slice **zucchini** and **capsicum**. Toss with **oil**, **1 tsp smoked paprika**, **salt** and **pepper**. Wedge tomato and dice cucumber. Add **lemon zest**, **juice** from **1/2 lemon**, finely chopped **rosemary leaves**, **2 tbsp oil**, **salt** and **pepper** to a bowl. Add **chicken**, mix to coat and set aside.

6P-add **2 tsp smoked paprika** to vegetables. Add **zest** from **1 1/2 lemons**, **juice** from **1 lemon** and **3 tbsp oil** to chicken.



4. FINISH AND SERVE

Wedge remaining **lemon**.

Serve **barbecued veggies** and **chicken** on a platter with **tomato**, **cucumber**, **flatbreads**, **lemon wedges** and **yoghurt** (see notes) for everyone to make wraps.



2. BBQ VEGGIES & CHICKEN

Heat a BBQ over medium-high heat with **oil**. Add **chicken**, **zucchini** and **capsicum**. Cook for 4-5 minutes each side or until chicken is cooked through and vegetables are tender.



3. WARM THE FLATBREADS

Set oven to 180°C (see notes). Wrap **flatbreads** in baking paper and warm in the oven for 3-4 minutes.

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