



Product Spotlight: Cabbage

Whole cabbage and cut cabbage that has been wrapped or is in a container can be stored in your fridge for a really, really long time! Leave cabbage unwashed before storing – washing it will just accelerate its decline.



Grilled Chicken with Roast Cabbage

Wedge Salad

Herby grilled chicken thighs, served with a roasted cabbage wedge salad with fresh avocado and vegetables, over a creamy and flavourful lemon and garlic yoghurt sauce.

 30 minutes

 2 servings

 Chicken

Top it up!

Want to add more goodness to this dish? Try pickled shallot or red onion, crispy chickpeas, boiled eggs, crumbled blue or feta cheese, or toasted seeds or nuts.

Per serve: **PROTEIN** 38g **TOTAL FAT** 29g **CARBOHYDRATES** 18g

FROM YOUR BOX

GREEN CABBAGE	1/2
GARLIC CLOVE	1
LEMON	1
NATURAL YOGHURT	1 tub
CHICKEN THIGHS	300g
TOMATO	1
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, garlic powder, dried rosemary

KEY UTENSILS

griddle pan, oven dish

NOTES

We cut 4 thin wedges of cabbage to speed up the roasting time. If you want thicker wedges, increase roasting time. If you don't have garlic powder, you can replace with fresh, crushed garlic.

Add parmesan cheese or anchovies to the dressing for extra flavour.

Chicken can be cooked on a BBQ or in a frypan for the same amount of time, or roast in an oven dish for 25–30 minutes.

Add fresh herbs such as parsley or chives.



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1. ROAST THE CABBAGE

Set oven to 220°C.

Wedge **cabbage** (see notes). Placed in a lined oven dish. Drizzle well with **oil** and season with **1 tsp garlic powder, salt and pepper**. Roast for 25–30 minutes until golden and tender.



4. PREPARE THE INGREDIENTS

Dice **tomato** and **avocado**, wedge **remaining lemon**.



2. PREPARE THE DRESSING

Crush **garlic** and **zest lemon**. Add to a bowl along with **juice from 1/2 lemon, yoghurt, salt and pepper** (see notes). Mix to combine. Add **1–2 tbsp water** and mix until **dressing** is a drizzling consistency.



5. FINISH AND SERVE

Divide **tomato, avocado** and **chicken** among plates. Add **roasted cabbage** and drizzle over **dressing** (see notes).



3. GRILL THE CHICKEN

Coat **chicken** with **oil, 1 tsp dried rosemary, salt and pepper**. Heat a griddle pan (see notes) over medium-high heat. Add to pan and cook for 6–8 minutes each side or until cooked through.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

