

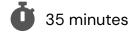


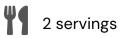


## Grilled Chicken with Roast Cabbage

### 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.





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.

TOTAL FAT CARBOHYDRATES

35g

#### FROM YOUR BOX

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

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

griddle pan, oven dish

#### **NOTES**

We cut 8 thin wedges of cabbage to speed up the roasting time. If you want thicker wedges, increase roasting time.

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.





#### 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.



#### 2. PREPARE THE DRESSING

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



#### 3. GRILL THE CHICKEN

Coat chicken with oil, 1 tsp 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.



#### 4. PREPARE THE INGREDIENTS

Dice tomato and avocado.



#### 5. FINISH AND SERVE

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



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