



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 it's 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.

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.



35 minutes



2 servings



Chicken

Per serve: **PROTEIN** 41g **TOTAL FAT** 18g **CARBOHYDRATES** 35g

FROM YOUR BOX

GREEN CABBAGE	1/2
GARLIC CLOVE	1
LEMON	1
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 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.



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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**.



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.



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 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

