

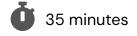




# Lebanese Chicken

## with Roast Cauliflower Salad

Grilled chicken skewers seasoned with lemon and paprika, served alongside roasted cauliflower salad with mint and olives, and a dollop of creamy yoghurt.







# Short on time?

Want to have less dishes? Skip making skewers. Season chicken and add to oven tray with cauliflower and roast for the last 10-12 minutes or until chicken is cooked through.

TOTAL FAT CARBOHYDRATES

29g

#### **FROM YOUR BOX**

CAULIFLOWER	1/2
LEMON	1
DICED CHICKEN BREAST	300g
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
MINT	1 bunch
MINT GREEN OLIVES	1 bunch 1 jar
GREEN OLIVES	1 jar

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, smoked (or ground) paprika, skewers (optional)

#### **KEY UTENSILS**

griddle pan, oven tray

#### **NOTES**

Give the oven tray a little toss and turn half way through cooking to prevent the cauliflower from burning.





#### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut **cauliflower** into small florets. Toss on a lined oven tray with **1 tsp cumin seeds**, **oil**, **salt and pepper**. Roast for 20-25 minutes (see notes) until cauliflower is golden and tender.



#### 2. PREPARE THE CHICKEN

Zest lemon. Add to bowl with 1 tbsp oil, 2 tsp smoked paprika, salt and pepper. Add diced chicken to coat. Thread onto skewers.



#### 3. MAKE THE GARLIC YOGHURT

Crush garlic and combine with yoghurt, 1/2 tbsp olive oil, salt and pepper. Set aside in the fridge until serving.



#### 4. GRILL THE CHICKEN

Heat a griddle pan (or BBQ) over mediumhigh heat. Add chicken skewers and cook, turning occasionally, for 8-10 minutes until chicken is cooked through.



### 5. PREPARE THE SALAD

Roughly chop **mint** leaves and drained **olives**, dice **cucumber**. Add to a large bowl with roasted cauliflower and **pepitas**. Squeeze over juice from 1/2 lemon (wedge remaining), and adjust seasoning with **salt and pepper** to taste.



#### 6. FINISH AND SERVE

Serve roasted cauliflower salad with chicken skewers, garlic yoghurt and remaining lemon wedges.

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