



Product Spotlight: Almond Meal

Almonds feature high levels of vitamins B2 and E. B2 helps your body digest and extract energy from the foods you eat, while E protects your cells from harmful free radicals.



Paprika Chicken Souvlaki with Mint Yoghurt

Paprika spiced chicken schnitzels served with fresh vegetables in an easy homemade souvlaki wrap with fresh mint yoghurt.



30 minutes



2 servings



Chicken

Bulk it up!

You can bulk up this dish by adding extra veggies like diced cucumber, grilled zucchini or some olives.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	17g	39g

FROM YOUR BOX

PITA MIX	1 packet
NATURAL YOGHURT	1 tub
MINT	1 bunch
BROWN ONION	1
CHICKEN SCHNITZELS	300g
GREEN CAPSICUM	1
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground chilli, ground paprika, dried oregano

KEY UTENSILS

2 frypans, stick mixer or small blender

NOTES

We recommend using a non-stick frypan to cook the flatbreads. If you don't have a non-stick frypan, use a generous amount of oil to coat the pan before cooking them. Use the back of a spoon to gently spread the mixture out in the pan.

Omit the chilli if preferred.

Pita mix: almond meal and tapioca flour.



1. MAKE THE FLATBREADS

Add **pita mix** to a large bowl along with **1 tbsp yoghurt**, **1/2 cup water**, **1 tbsp olive oil**, **1 tsp oregano**, **salt and pepper**. Whisk to combine.



2. BLEND THE MINT YOGHURT

Use a stick mixer to blend remaining **yoghurt** and **1/2 mint leaves** until smooth. Set aside in the fridge until remaining ingredients are ready to serve.



3. COOK THE FLATBREADS

Heat a frypan over medium-high heat with **oil** (see notes). Add a **1/2 cupful of flatbread mix** to the pan. Cook for 2-3 minutes until golden, flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining **mixture**.



4. COOK THE CHICKEN

Meanwhile, heat a second frypan over medium-high heat with **oil**. Slice **onion** and add to pan as you go. Cook for 2 minutes. Coat **chicken** with a pinch of **ground chilli** (see notes), **2 tsp paprika**, **salt and pepper**. Add to pan with **onions** and cook for 4-5 minutes each side until cooked through.



5. PREPARE FRESH TOPPINGS

Chop remaining **mint** leaves. Slice **capsicum** and quarter **cherry tomatoes**.



6. FINISH AND SERVE

Slice **schnitzels**.

Serve **flatbreads** on plates. Spoon on **mint yoghurt**. Add **schnitzels**, **cooked onion** and **fresh toppings**. Serve with any extra **mint yoghurt** on the side.



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