



Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



Greek Roasted Chicken with Feta Cheese

This Greek roasted chicken is Greek salad's warmed up cousin! Onion, zucchini, cherry tomatoes and chicken breast fillet roasted and tossed with baby spinach, served with wedges of feta cheese and fresh oregano.



30 minutes



4 servings



Chicken

Switch it up!

Switch this dish up by turning the roast vegetables and chicken into skewers! Dice the chicken, thread onto skewers with veggies and BBQ. Use the feta cheese to make whipped feta sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	15g	10g

FROM YOUR BOX

RED ONION	1
ZUCCHINI	1
CHERRY TOMATOES	2 x 200g
CHICKEN BREAST FILLETS	600g
BABY SPINACH	120g
FETA CHEESE	1 packet
OREGANO	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar, lemon pepper (see notes)

KEY UTENSILS

oven tray

NOTES

Substitute lemon pepper with ground coriander, ground sumac, fresh lemon zest or dried thyme.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge onion and cut zucchini into angular pieces. Toss on a lined oven tray with cherry tomatoes, **oil**, **1 1/2 tbsp vinegar**, **salt and pepper**.



2. ADD CHICKEN & ROAST

Halve chicken and coat with **oil** and **2 tsp lemon pepper**. Add to oven and roast with vegetables for 20-25 minutes until chicken is cooked through.



3. TOSS THE SPINACH

Remove oven tray. Add baby spinach to vegetables and toss to wilt the spinach.



4. FINISH AND SERVE

Cut feta into wedges.

Top tray bake with feta cheese and fresh oregano. Serve tableside.



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