



**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 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
	40g	20g	86g

## 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.



### 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.



### 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.



### 5. PREPARE FRESH TOPPINGS

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



### 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.



### 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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