



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lebanese Cucumber

Lebanese cucumbers are low in kilojoules and contain vitamins C, A and B6. Nutritionally, their value is in their trace elements, including sodium, potassium and folacin.



M4 Roast BBQ Chicken with Chopped Salad

This whole roast chicken makes the perfect family dinner, served with a fresh diced salad, crusty ciabatta and mild harissa yoghurt.



35 minutes



4 servings



Chicken

September 2022

Make it your way!

Want to add a little more to your chicken? You can combine the spice mix with some mustard, lemon zest or crushed garlic for extra depth of flavour. Add some olives or feta to the salad if you have some!

FROM YOUR BOX

SPLIT CHICKEN	1
BBQ SPICE MIX	1 packet
LEBANESE CUCUMBERS	2
TOMATOES	2
GREEN CAPSICUM	1
CIABATTA LOAF	1
HARISSA PASTE	1 sachet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

olive oil, balsamic vinegar, dried oregano

KEY UTENSILS

oven tray

NOTES

Place the oven tray in the middle of the oven to prevent the spice rub from burning. You can also cook the chicken on the BBQ on low heat with the hood down.

You can slice the loaf and add some garlic butter to make garlic bread!

No gluten option – ciabatta bread is replaced with gluten-free rolls.



1. ROAST THE CHICKEN

Set oven to 220°C (see notes).

Use a sharp knife to slash the chicken. Rub spice mix and **2 tbsp olive oil** all over chicken until well coated. Place on a lined oven tray and roast for 25–30 minutes or until cooked through.



2. PREPARE THE SALAD

Whisk together **1 tsp oregano**, **1 tbsp balsamic vinegar** and **2 tbsp olive oil** in a large salad bowl. Dice cucumbers, tomatoes and capsicum. Toss with dressing in bowl.



3. TOAST THE BREAD

Place ciabatta loaf in oven for 3–4 minutes until toasty (see notes). Slice, ready to serve.



4. PREPARE THE DIP

Combine harissa paste (use to taste) with yoghurt.



5. FINISH AND SERVE

Serve chicken with salad, bread and dip.

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**

