

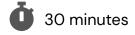




Paprika Chicken Skewers

with Crispy Potato Rounds

Chicken skewers barbecued with a paprika and herb rub served alongside crispy potato rounds, rainbow veggie sticks and a yoghurt dip.





4 servings



Mix it up!

You can add the capsicum to the chicken skewers if preferred! Mushrooms, zucchini and red onion also work well! Add fresh herbs or pesto to the yoghurt dip for a different flavour.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
53g 10g 45g

FROM YOUR BOX

| MEDIUM POTATOES | 800g |
|----------------------|----------|
| DICED CHICKEN BREAST | 600g |
| HERB MIX | 1 packet |
| NATURAL YOGHURT | 1 tub |
| GARLIC CLOVE | 1 |
| CARROTS | 2 |
| LEBANESE CUCUMBERS | 2 |
| RED CAPSICUM | 1 |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground or smoked paprika, skewers

KEY UTENSILS

oven tray, BBQ or griddle pan

NOTES

You can cook the skewers in the oven along with the potatoes if preferred.



1. ROAST THE POTATOES

Set oven to 250°C.

Slice potatoes and toss on a lined oven tray with 1 tsp paprika, oil, salt and pepper. Roast for 20-25 minutes until golden and crispy.



2. COOK THE CHICKEN

Heat a BBQ or griddle pan over mediumhigh heat (see notes). Toss chicken with 1.1/2 tbsp herb mix, salt and pepper. Thread evenly onto skewers and cook for 8-10 minutes, turning until cooked through.



3. PREPARE THE DIPPING SAUCE

Combine remaining herb mix with yoghurt and 1/2-1 crushed garlic clove. Season with salt and pepper to taste.



4. PREPARE THE VEGETABLES

Cut carrots, cucumbers and capsicum into veggie sticks.



5. FINISH AND SERVE

Serve potatoes, chicken skewers and veggie sticks at the table with dipping sauce.



