R2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Skordalia

Skordalia is a punchy Greek garlic sauce, traditionally whipped with olive oil, lemon juice and a base of potato, bread or nuts. Try any leftovers with roast potatoes or on toast! If the garlic is a little strong for you, mellow it with some yoghurt or mayonnaise.

BBQ Chicken Kofta

with Garlic Sauce

Bring everyone outside and cook this share platter on the BBQ! Chicken koftas spiced with a fragrant spice mix, capsicum and onion, served with barbecued veggies, luscious skordalia, salsa and Lebanese flat breads.

40 minutes | 2 servings | Chicken

Speed it up!

To speed up this dish, skip blending the capsicum and onion to add to the koftas. Mix mince with spice mix and skordalia and add vegetables to BBQ.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	23g	75g

FROM YOUR BOX

SHALLOT	1
RED CAPSICUM	1
GARLIC CLOVE	1
CHICKEN MINCE	300g
KOFTA SPICE MIX	1 packet
SKORDALIA	1 tub
LEBANESE CUCUMBER	1
TOMATO	1
LEBANESE FLATBREAD *	5-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried chilli flakes (optional)

KEY UTENSILS

BBQ (or griddle pan), stick mixer or small blender

NOTES

Use 2 spoons to get the kofta mix onto the BBQ. One spoon to scoop mixture, the second spoon to push the mixture onto the BBQ.

If desired, add 1 tbsp water to skordalia to loosen.

*Store your flatbreads in the fridge or freezer to stay fresh and prevent mould.

No gluten option - Lebanese flatbread is replaced with GF flatbread.

Kofta spice mix: sumac, smoked paprika, ground cumin, ground coriander



1. PREPARE THE KOFTAS

Wedge **red onion** and slice **capsicum**. Add **1/4 of each** (reserve remaining for step 3) to a small blender with **garlic** and blend until smooth. Combine with **chicken mince**, **spice mix**, **2 tsp skordalia**, **1/2 tsp chilli flakes**, **salt and pepper**.



2. BBQ THE KOFTAS

Heat BBQ over medium-high heat with **oil**. Add tablespoonfuls of **kofta mix** (see notes) onto BBQ and cook for 6-8 minutes, turning, until browned all over and cooked through.



3. BBQ THE VEGETABLES

Coat **reserved vegetables** in **oil, salt and pepper.** Move **koftas** to one side of BBQ. Add **vegetables** and cook, turning, until charred and tender.



4. PREPARE FRESH ELEMENTS

Meanwhile, dice **cucumber** and **tomato**. Add to a bowl and toss to combine. Set aside with **skordalia** (see notes).



5. WARM THE FLATBREAD

Halve **flatbreads**. Add to BBQ to warm. The **flatbread** can also be warmed in the oven or in a dry frypan.



6. FINISH AND SERVE

Take **all elements** tableside for everyone to build their own **wraps**.

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