



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dill

In the past, dill was said to have magical powers and could save you from both witchcraft and nightmares! These days, we know it can calm the digestive system among many other benefits.



2 Greek Lemon Chicken with Crusty Bread

Grilled lemon & paprika chicken schnitzels served with chopped greek salad, warm rosemary bread and a simple tzatziki.

 20 minutes

 2 servings




 Chicken

15 March 2021

Cooking for many

Roast some potato or sweet potato wedges to serve with this meal. You can also add some grilled veggies such as zucchini, eggplant and mushrooms! Slice chicken schnitzels to serve.

FROM YOUR BOX

LEMON	1
CHICKEN SCHNITZELS 	300g
DILL	1 packet
CONTINENTAL CUCUMBER	1
NATURAL YOGHURT	1 tub (200g)
TOMATOES	2
YELLOW CAPSICUM	1/2 *
KALAMATA OLIVES	1 tub (100g)
ROSEMARY BREAD LOAF	1
 SWEET POTATOES	400g
 CHICKPEAS	400g

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground paprika


KEY UTENSILS

grill, frypan or barbecue

NOTES

For added flavour you can add dried or fresh rosemary to the marinade and a crushed garlic clove to the tzatziki.


No gluten option - bread is replaced with GF bread.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. MARINATE THE CHICKEN

Set oven to 180°C. Grate 1 tsp lemon zest and combine with **1/2 tsp paprika, oil, salt and pepper**. Toss with chicken schnitzels.

 **VEG OPTION - Set oven to 220°C. Cut sweet potatoes into bite-sized chunks & drain chickpeas. Toss with oil, 1 tsp paprika, salt & pepper. Roast for 20 mins until tender.**



2. MAKE THE TZATZIKI

Chop dill. Grate 1/3 cucumber and squeeze out liquid using your hands. Combine with natural yoghurt and season with **salt and pepper**. Drizzle with a little **olive oil**.



3. COOK THE CHICKEN


Heat a barbecue or pan with **oil** over medium-high heat. Add chicken and cook for 4-5 minutes on each side or until cooked through.

 **VEG OPTION - Skip this step.**



4. PREPARE THE SALAD

Chop remaining cucumber, tomatoes and capsicum. Toss together with olives (rinse if preferred). Dress with lemon juice (to taste) and **olive oil**.

 **VEG OPTION - Prepare as above, keeping the salad components separate.**




5. WARM THE BREAD

Slice and warm bread in the oven for 4-5 minutes.



6. FINISH AND SERVE

Serve Greek chicken with salad, tzatziki and bread at the table. Cut remaining lemon into wedges to serve on the side.

 **VEG OPTION - Make Greek style health bowls by arranging roasted sweet potatoes and chickpeas along with fresh veggies in bowls. Serve with crusty bread, tzatziki and lemon wedges.**

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**

