

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Natural Greek Yoghurt


Made with probiotic bacterial cultures, yoghurt is useful for a healthy digestive system. The Greek-style variety is thicker and contains more protein than other yoghurts.



3 Greek Yoghurt Chicken with Golden Wedges

Chicken tenderloins served in a warm yoghurt & oregano pan-sauce with crispy golden wedges accompanied by a layered salad.




 25 minutes

 2 servings

 Chicken

9 July 2021

FROM YOUR BOX

BABY POTATOES	400g
FRESH OREGANO	1 packet
CHICKEN TENDERLOINS 	300g
TOMATOES	2
YELLOW CAPSICUM	1/2 *
SNOW PEAS	1/2 packet (75g) *
OLIVES	1 packet
GARLIC CLOVE	1
NATURAL YOGHURT	1/2 tub (100g) *
 ARANCINI	1 packet
 LEBANESE CUCUMBER	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, soy sauce, 1/3 stock cube (chicken or veg), cornflour


KEY UTENSILS

oven tray, frypan

NOTES

Add potatoes straight to the oven once ready - no need to wait until the oven is preheated!


Skip the salad if you prefer! Wedge and add tomatoes to the tray with potatoes for roasting. Slice and add snow peas to pan with chicken at step 5 and scatter over olives to serve.

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



1. ROAST THE POTATOES

Set oven to 220°C (see notes). Cut baby potatoes into wedges. Toss on a lined oven tray with 1/2 packet fresh oregano, **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.

 **VEG OPTION** - Place arancini next to potatoes. Bake in the oven for 10-15 minutes or until warm and golden.




2. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Add chicken and cook for 6-8 minutes or until cooked through. Season with **salt and pepper**. See step 4.



3. PREPARE THE SALAD

In the meantime, slice tomatoes and capsicum. Arrange on a serving plate. Trim and slice snow peas. Scatter over the top along with olives and some fresh oregano. Drizzle with **olive oil**.

 **VEG OPTION** - Prepare as above. Slice and add 1/2 cucumber to the salad.



4. MAKE THE SAUCE


Remove chicken from pan and keep pan over medium-low heat. Crush in 1 garlic clove and add **1 tsp dried oregano, 1 tsp soy sauce and 1/3 stock cube**. Mix **1 tsp cornflour with 1/2 cup water** and stir into pan. Simmer, stirring, until thickened.

 **VEG OPTION** - Skip this step.



5. RETURN THE CHICKEN


Take pan off heat, add yoghurt and whisk to combine well. Return chicken and season to taste with **salt and pepper**.

 **VEG OPTION** - Roughly grate 1/2 cucumber and squeeze out excess water using your hands. Mix with yoghurt, 1 small crushed garlic clove, salt and pepper. Drizzle with a little olive oil.



6. FINISH AND SERVE

Serve yoghurt chicken with golden wedges and layered salad. Garnish with any remaining fresh oregano.

 **VEG OPTION** - Serve arancini with golden wedges, tzatziki and layered salad. Garnish with any remaining fresh oregano.

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