

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

 4 servings

 Chicken

9 July 2021

FROM YOUR BOX

BABY POTATOES	800g
FRESH OREGANO	1 packet
CHICKEN TENDERLOINS 	600g
TOMATOES	2
GREEN CAPSICUM	1
SNOW PEAS	1/2 packet (125g) *
OLIVES	1 packet
GARLIC CLOVES	2
NATURAL YOGHURT	1/2 tub (250g) *
 ARANCINI	2 packets
 LEBANESE CUCUMBER	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, soy sauce, 1/2 stock cube (chicken or veg), cornflour


KEY UTENSILS

oven tray, large 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 1/4 packet fresh oregano, oil, salt and pepper. Roast for 20 minutes or until golden and tender.



4. MAKE THE SAUCE


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

 **VEG OPTION** – Skip this step.



2. COOK THE CHICKEN


Heat a frypan with 2 tbsp 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.

 **VEG OPTION** – Place the arancini on a separate lined oven tray. Bake in the oven for 10–15 minutes or until warmed through and golden.



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 cucumber and squeeze out excess water using your hands. Mix with yoghurt, 1 crushed garlic clove, salt and pepper. Drizzle with a little olive oil (optional).




3. PREPARE THE SALAD

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

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**

