



Product Spotlight: Rosemary


The smell of rosemary is often associated with good food and good times. In terms of health, it contains substances that may stimulate the immune system, increase circulation and improve digestion.



F4 Grilled Chicken Thighs with Greek Tray Bake

Greek vegetable tray bake, tossed with Mediterranean medley and BBQ'd lemon juice and served with rosemary grilled chicken thigh fillets.

 35 minutes

 4 servings

 Chicken

25 November 2022

Spice it up!

Garnish the final dish with some dried chilli flakes. You can also add some chopped parsley, basil or oregano to complement the rosemary.

Per serve: **PROTEIN** 39g **TOTAL FAT** 34g **CARBOHYDRATES** 50g

FROM YOUR BOX

MEDIUM POTATOES	1 bag (800g)
ZUCCHINI	1
RED CAPSICUM	1
LEMON	1
ROSEMARY SPRIG	1
CHICKEN THIGH FILLETS	600g
MEDITERRANEAN MEDLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, dried oregano, salt, pepper, 1 garlic clove

KEY UTENSILS

oven dish, BBQ (or griddle pan)

NOTES

To speed up the cooking time for the potatoes, you can slice them and cook them on a separate oven tray.

Cover the oven dish with foil or an oven tray.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge or dice potatoes (see notes). Chop zucchini and capsicum. Crush **garlic clove**. Toss in a lined oven dish.



2. BAKE THE VEGETABLES

Add **2 tsp dried oregano**, **1/4 cup olive oil** and **1/2 cup water**. Toss with **salt and pepper**. Cover and bake in oven for 25–30 minutes until potatoes are tender (see notes).



3. BBQ THE CHICKEN THIGHS

Zest lemon and roughly chop rosemary leaves. Heat BBQ to medium-high heat. Coat chicken with **oil**, lemon zest, 1/2 rosemary (reserve remaining for step 5), **salt and pepper**. Add to BBQ and cook for 6–8 minutes each side until cooked through (see step 4).



4. ADD THE LEMON

Halve lemon and lightly **oil** cut side. Add to BBQ with chicken for the last 4 minutes of cooking time.



5. TOSS THE VEGETABLES

Squeeze juice from BBQ'd lemon into oven dish. Add Mediterranean medley and toss to combine.



6. FINISH AND SERVE

Garnish the vegetables with the remaining rosemary. Add chicken and serve tableside.

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

