



Product Spotlight: Pepita Seeds

Pepitas are the edible seeds of a pumpkin without the shell and are a good source of protein!



Lebanese Chicken with Roast Cauliflower Salad

Grilled chicken skewers seasoned with lemon and paprika, served alongside roasted cauliflower salad with mint and olives, and a dollop of creamy yoghurt.



35 minutes



2 servings



Chicken

Short on time?

Want to have less dishes? Skip making skewers. Season chicken and add to oven tray with cauliflower and roast for the last 10-12 minutes or until chicken is cooked through.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	32g	17g

FROM YOUR BOX

CAULIFLOWER	1/2
LEMON	1
DICED CHICKEN BREAST	300g
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
MINT	1 bunch
GREEN OLIVES	1 jar
LEBANESE CUCUMBER	1
PEPITAS	40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, smoked (or ground) paprika, skewers (optional)

KEY UTENSILS

griddle pan, oven tray

NOTES

Give the oven tray a little toss and turn half way through cooking to prevent the cauliflower from burning.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut **cauliflower** into small florets. Toss on a lined oven tray with **1 tsp cumin seeds, oil, salt and pepper**. Roast for 20–25 minutes (see notes) until **cauliflower** is golden and tender.



4. GRILL THE CHICKEN

Heat a griddle pan (or BBQ) over medium-high heat. Add **chicken skewers** and cook, turning occasionally, for 8–10 minutes until **chicken** is cooked through.



2. PREPARE THE CHICKEN

Zest **lemon**. Add to bowl with **1 tbsp oil, 2 tsp smoked paprika, salt and pepper**. Add **diced chicken** to coat. Thread onto **skewers**.



5. PREPARE THE SALAD

Roughly chop **mint leaves** and drain **olives**, dice **cucumber**. Add to a large bowl with **roasted cauliflower** and **pepitas**. Squeeze over **juice from 1/2 lemon** (wedge remaining), and adjust seasoning with **salt and pepper** to taste.



3. MAKE THE GARLIC YOGHURT

Crush **garlic** and combine with **yoghurt, 1/2 tbsp olive oil, salt and pepper**. Set aside in the fridge until serving.



6. FINISH AND SERVE

Serve **roasted cauliflower salad** with **chicken skewers, garlic yoghurt** and remaining **lemon wedges**.



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