



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



4/6 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
	45g	21g	16g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1 1/2
LEMON	1	2
GARLIC CLOVES	2	3
DICED CHICKEN	600g	600g + 300g
NATURAL YOGHURT	1 tub	2 tubs
MINT	1 bunch	1 bunch
GREEN OLIVES	1 jar	1 jar
LEBANESE CUCUMBER	1	2
PEPITAS	40g	2 x 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.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C. Cut **cauliflower** into small florets. Toss on a lined oven tray with **2 tsp cumin seeds, oil, salt and pepper**. Roast for 20–25 minutes (see notes) until cauliflower is golden and tender.

6P – use 1 tbsp cumin seeds.



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 crushed garlic clove, 2 tbsp oil, 1 tbsp smoked paprika, salt and pepper**. Add **diced chicken** to coat. Thread onto **skewers**.

6P – use zest from 1 lemon, 2 crushed garlic cloves, 3 tbsp oil and 1 1/2 tbsp smoked paprika for the chicken.



5. PREPARE THE SALAD

Roughly chop **mint leaves** and drained **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.

6P – squeeze over juice from 1 lemon (wedge remaining lemon).



3. MAKE THE GARLIC YOGHURT

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

6P – use 1 crushed garlic clove, 2 tubs yoghurt, 1 tbsp olive oil, salt and pepper.



6. FINISH AND SERVE

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

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