




Product Spotlight: Almond Meal


Almonds feature high levels of vitamins B2 and E. B2 helps your body digest and extract energy from the foods you eat, while E protects your cells from harmful free radicals.



Paprika Chicken Souvlaki with Mint Yoghurt

Paprika chicken schnitzels served with fresh vegetables in an easy homemade souvlaki wrap with fresh mint yoghurt.

 30 minutes

 4 servings

 Chicken

Bulk it up!

You can bulk up this dish by adding extra veggies like diced cucumber, grilled zucchini or some olives.

Per serve: **PROTEIN** 40g **TOTAL FAT** 20g **CARBOHYDRATES** 86g

FROM YOUR BOX

| | |
|--------------------|----------|
| PITA MIX | 1 packet |
| NATURAL YOGHURT | 1 tub |
| MINT | 1 bunch |
| BROWN ONION | 1 |
| CHICKEN SCHNITZELS | 600g |
| GREEN CAPSICUMS | 2 |
| CHERRY TOMATOES | 200g |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground chilli, ground paprika, dried oregano

KEY UTENSILS

2 frypans, stick mixer or small blender

NOTES

We recommend using a non-stick frypan to cook the flatbreads. If you don't have a non-stick frypan, use a generous amount of oil to coat the pan before cooking them. Use the back of a spoon to gently spread the mixture out in the pan.

Omit the chilli if preferred.

Pita mix: almond meal and tapioca flour.



1. MAKE THE FLATBREADS

Add pita mix to a large bowl along with 2 tbsp yoghurt, **1 cup water**, **2 tbsp olive oil**, **1 1/2 tsp oregano**, **salt and pepper**. Whisk to combine.



2. BLEND THE MINT YOGHURT

Use a stick mixer to blend remaining yoghurt and 1/2 mint leaves until smooth. Set aside in the fridge until remaining ingredients are ready to serve.



3. COOK THE FLATBREADS

Heat a frypan over medium-high heat with **oil** (see notes). Add a 1/2 cupful of flatbread mix to the pan. Cook for 2-3 minutes until golden, flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining mixture.



4. COOK THE CHICKEN

Meanwhile, heat a second frypan over medium-high heat with **oil**. Slice onion and add to pan as you go. Cook for 2 minutes. Coat chicken with a pinch of **ground chilli** (see notes), **2 tsp paprika**, **salt and pepper**. Add to pan with onions and cook for 4-5 minutes each side until cooked through.



5. PREPARE FRESH TOPPINGS

Chop remaining mint leaves. Slice capsicums and quarter cherry tomatoes.



6. FINISH AND SERVE

Slice schnitzels.

Serve flatbreads on plates. Spoon on mint yoghurt. Add schnitzels, cooked onion and fresh toppings. Serve with any extra mint yoghurt on the side.



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