



Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Paprika Chicken Skewers with Crispy Potato Rounds

Chicken skewers barbecued with a paprika and herb rub served alongside crispy potato rounds, rainbow veggie sticks and a yoghurt dip.



30 minutes



2 servings



Chicken

December 2022 - January 2023

Mix it up!

You can add the capsicum to the chicken skewers if preferred! Mushrooms, zucchini and red onion also work well! Add fresh herbs or pesto to the yoghurt dip for a different flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	14g	49g

FROM YOUR BOX

MEDIUM POTATOES	3
DICED CHICKEN BREAST	300g
HERB MIX	1 packet
NATURAL YOGHURT	1 tub
GARLIC CLOVE	1
CARROT	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground or smoked paprika, skewers

KEY UTENSILS

oven tray, BBQ or griddle pan

NOTES

You can cook the skewers in the oven along with the potatoes if preferred.



1. ROAST THE POTATOES

Set oven to 250°C.

Slice potatoes and toss on a lined oven tray with **1/2 tsp paprika, oil, salt and pepper**. Roast for 20–25 minutes until golden and crispy.



2. COOK THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat (see notes). Toss chicken with **1 tbsp herb mix, salt and pepper**. Thread evenly onto skewers and cook for 8–10 minutes, turning until cooked through.



3. PREPARE THE DIPPING SAUCE

Meanwhile, combine **1 tbsp herb mix** with yoghurt and **1/2–1** crushed garlic clove. Season with **salt and pepper** to taste.



4. PREPARE THE VEGETABLES

Cut carrot, cucumber and capsicum into veggie sticks.



5. FINISH AND SERVE

Serve potatoes, chicken skewers and veggie sticks at the table with dipping sauce.

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**

