



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PURPLE CARROTS

Purple carrots contain all the nutrients of orange carrots, but they've also been shown to have greater anti-inflammatory and anti-oxidative effects!

2. ROAST CHICKEN

WITH TZATZIKI & CARROT SALAD

 35 Minutes

 2 Servings

Oven roasted chicken served with a creamy yoghurt tzatziki and carrot salad with sweet sultanas and fresh mint.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
40g	32g	50g

30 March 2020

FROM YOUR BOX

CARROTS	2
RED ONION	1/2 *
CHICKEN BREAST FILLET	300g
SULTANAS	40g
PURPLE CARROT	1
MINT	1/2 bunch *
FESTIVAL LETTUCE	1/2 *
CONTINENTAL CUCUMBER	1/3 *
NATURAL YOGHURT	1/2 tub *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, balsamic vinegar, ground coriander (or ground cumin)

KEY UTENSILS

oven tray

NOTES

For a thicker tzatziki, squeeze out excess water from cucumber before combining with yoghurt.

Add a crushed garlic clove to the tzatziki for extra heat.



1. PREPARE THE VEGETABLES

Set oven to 220°C.
Cut carrots into pieces. Wedge onion.
Toss on one side of an oven tray with **oil, salt and pepper**.



2. ROAST THE CHICKEN

Slash chicken and coat with **1 tsp ground coriander, oil, salt and pepper**. Place on tray and roast for 20-25 minutes or until cooked through.



3. PREPARE THE DRESSING

Whisk **1 1/2 tbsp vinegar** and **1 1/2 tbsp olive oil**. Add sultanas to soak.



4. PREPARE THE SALAD

Use a vegetable peeler to ribbon the purple carrot. Roughly chop mint leaves. Tear lettuce leaves. Set aside.



5. MAKE THE TZATZIKI

Grate cucumber (see notes) and combine with yoghurt. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Toss sultana dressing through cooked vegetables and salad.

Slice chicken and divide over plates with salad. Serve with tzatziki.