



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

 4 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
36g	25g	28g

30 March 2020

## FROM YOUR BOX

CARROTS	2
RED ONION	1/2 *
CHICKEN BREAST FILLET	600g
SULTANAS	40g
PURPLE CARROTS	2
MINT	1/2 bunch *
FESTIVAL LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
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 **2 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 **2 tbsp vinegar** and **2 tbsp olive oil**.  
Add sultanas to soak.



### 4. PREPARE THE SALAD

Use a vegetable peeler to ribbon the purple carrots. 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.