





#### **Product Spotlight: Cherry Tomatoes**

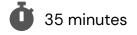
Did you know tomatoes are considered an everyday superfruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



## **Bengali Chicken Chops**

### with Roasted Vegetables

Bone-in chicken chops roasted in Bengali curry paste from Island Curries, and served with roasted potatoes, sweet cherry tomatoes and red onion.





2 servings



# Bulk it up!

To get extra serves from this dish, add veggies such as sweet potato, pumpkin or zucchini to the roasting tray or serve with pappadums or naan.

TOTAL FAT CARBOHYDRATES

45g

52g

#### FROM YOUR BOX

MEDIUM POTATOES	2
RED ONION	1
CHERRY TOMATOES	200g
CHICKEN CHOPS	500g
CURRY PASTE	1 sachet
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

#### **KEY UTENSILS**

oven tray

#### **NOTES**

Add some finely chopped mint leaves to the yoghurt for a herby twist.

You could also use the cucumbers and yoghurt to make a raita.



#### 1. PREPARE THE VEGETABLES

Set oven to 250°C.

Cut potatoes into small pieces and wedge onion. Add to a lined oven tray along with cherry tomatoes. Toss with oil, salt and pepper.



#### 2. ROAST THE CHICKEN

Place chicken on top of vegetables. Slash in 3-4 places. Coat with oil, curry paste, salt and pepper. Roast for 25-30 minutes until chicken is cooked through.



#### 3. PREPARE THE YOGHURT

Ribbon cucumber and set aside.

Mix yoghurt in a bowl with 1 tsp cumin, salt and pepper (see notes).



#### 4. FINISH AND SERVE

Serve chicken and vegetables tableside with fresh cucumber and yoghurt.



