



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.



35 minutes



2 servings



Chicken

17 February 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	18g	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.

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**

