




Product Spotlight: Potato


One medium potato contains 45% of your daily value of vitamin C. This vitamin can assist in stabilising free radicals thus helping prevent cell damage.



F4 Roasted Madras Chicken and Vegetables

Butterflied chicken roasted in madras curry paste with vegetables, served with a cumin yoghurt and pappadums.

 45 minutes

 4 servings

 Chicken

4 February 2022

What is it?

This Madras-style curry paste, from Island Curries, is a yellow-based paste. With mustard seeds and turmeric being the two main ingredients it makes for a zesty and flavoursome dish.

Per serve: **PROTEIN** 71g **TOTAL FAT** 51g **CARBOHYDRATES** 63g

FROM YOUR BOX

POTATOES	1 bag (700g)
RED ONION	1
CHERRY TOMATOES	1 bag (400g)
SPLIT CHICKEN	1
CURRY PASTE	1 sachet
PAPPADUMS	1 packet
LEBANESE CUCUMBER	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

oven tray

NOTES

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.



1. PREPARE VEGETABLES

Set oven to 250°C.

Cut potatoes into small pieces and wedge red 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 35-40 minutes until chicken is cooked through.



3. COOK THE PAPPADUMS

Cook the pappadums according to preferred method on the packet (see notes).



4. PREPARE THE YOGHURT

Ribbon cucumber and set aside. Mix yoghurt in a bowl with **1 tsp cumin, salt and pepper**.



5. FINISH AND SERVE

Serve chicken and vegetables at the table with pappadums, 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**

