



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: TOMATO KASAUNDI

Kasaundi is the fiery Indian alternative to tomato chutney! It's packed with warm flavours from an abundance of spices, and is hence a fantastic way to flavour both meat and veggie dishes. Here, we use it with succulent chicken chops from WA's free-range Mt Barker Chicken.



3. BAKED CURRY CHICKEN

WITH INDIAN BREADS

 30 Minutes

 2 Servings

Warm tomato kasaundi, succulent chicken chops, and soft-yet-crunchy parathas come together beautifully in this easy family dinner.

FROM YOUR BOX

CHICKEN CHOPS	2 pack
TOMATO KASAUNDI	1 jar (230g)
CONTINENTAL CUCUMBER	1/2 *
MINT	1/2 packet *
NATURAL YOGHURT	1 tub (200g)
LETTUCE	1/2 *
GREEN CAPSICUM	1/2 *
TOMATO	1
PARATHAS (INDIAN BREADS)	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper

KEY UTENSILS

oven dish, frypan

NOTES

If preferred, keep kasaundi and yoghurt raita separate or use to taste.

Pull the chicken off the bone before taking to the table if desired.

No gluten option - Indian breads are replaced with brown rice. After adding chicken to oven, place rice in saucepan, cover with water. Bring to the boil and simmer for 15-20 minutes or until tender. Drain and rinse.



1. COOK THE CHICKEN

Set oven to 220°C.

Slash chicken chops and rub with **oil** and 1 tbsp kasaundi. Place in a lined oven dish and cook for 20-25 minutes until cooked through.



2. MAKE THE RAITA

Deseed and dice (or grate) cucumber, chop mint leaves to yield roughly 1/3 cup. Combine in a bowl with yoghurt, **1 tbsp olive oil, salt and pepper**. Stir through remaining kasaundi (see notes).



3. PREPARE THE SALAD

Trim and separate lettuce leaves. Slice capsicum and tomato. Arrange on a serving plate.



4. WARM THE PARATHAS

Heat a frypan over medium-high heat. Cook parathas for 2-3 minutes each side until crispy and warm.



5. FINISH AND PLATE

Serve chicken, salad, raita and breads at the table (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

