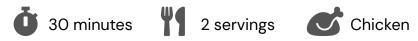






# with Tomato Salad

Fragrant tomato chutney chicken & sweet potato traybake served over brown rice alongside a fresh tomato salad.



Separate salad

If preferred, serve the salad components separate as tomato wedges & cucumber sticks. Then slice and sprinkle mint onto your plates to serve.

8 February 2021

#### FROM YOUR BOX

BROWN RICE	150g
SHALLOT	1
SWEET POTATOES	250g
DICED CHICKEN THIGHS	300g
TOMATO CHUTNEY	1 jar (190ml)
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
MINT	1/2 bunch *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, red wine vinegar

#### **KEY UTENSILS**

saucepan, oven tray

#### NOTES

You can mix remaining chutney with a few tablespoons of natural yoghurt to make the flavour a little milder.



# **1. COOK THE BROWN RICE**

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



## **2. MAKE THE TRAYBAKE**

Slice shallot and chop sweet potatoes. Toss on a lined oven tray with chicken, **2 tsp oil** and 3 tbsp chutney. Roast for 20– 25 minutes or until chicken is cooked through and vegetables are tender.



### **3. MAKE THE SALAD**

Dice tomatoes and cucumber, slice mint. Mix together in a bowl with **1 tbsp olive oil** and **1/2 tbsp vinegar**. Season with salt and pepper.



### **4. FINISH AND PLATE**

Serve chicken and vegetables on rice accompanied by tomato salad. Serve remaining chutney on the side (see notes).