



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CHICKEN MARYLAND

Chicken Maryland is a cut of chicken including both the drumstick and the thigh. In other words? It's perfect for roasting or on the barbie, allowing for a dish with crispy skin and tender, juicy meat.



## 2. INDIAN CHICKEN MARYLANDS WITH DHAL

Curry-roasted chicken, warm tomato & spinach dhal, a fresh side salad, mint raita and crispy papadums — this Indian-style dish really has it all!

 35 Minutes

 2 Servings

4 May 2020

## FROM YOUR BOX

CHICKEN MARYLANDS	2-pack
TOMATO	1
RED LENTIL DHAL KIT	1 packet
LEBANESE CUCUMBER	1
RED APPLE	1
SNOW PEA SPROUTS	1/2 punnet *
MINT	1 bunch
NATURAL YOGHURT	1/2 tub (250g) *
PAPADUMS	1 packet
BABY SPINACH	1 bag (60g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, curry powder (see notes)

## KEY UTENSILS

oven tray, saucepan

## NOTES

Rub chicken with cumin, smoked paprika or turmeric if you don't have curry powder.

Add 1 tsp honey to the raita for a sweeter version or 1 crushed garlic clove for a more tzatziki-style version.

Cooking the papadums in the microwave according to packet instructions is quickest and also uses less oil.



### 1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken 3-4 times. Rub with **1 tsp curry powder** (see notes), **oil and salt** on a lined oven tray. Roast for 25-30 minutes or until cooked through.



### 4. COOK THE PAPADUMS

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



### 2. SAUTÉ THE DHAL

Dice tomato. Heat a saucepan with **oil** over high heat. Add dhal kit, cook for 1 minute, then add tomato and cook for further 2-3 minutes until aromatic. Stir in **3 cups water** and simmer, covered, for 15 minutes or until tender.



### 5. STIR IN THE SPINACH

Once lentils are tender, add spinach to dahl and stir through to wilt.



### 3. MAKE THE SALAD AND RAITA

Dice cucumber and apple. Halve snow pea sprouts. Toss with **1/2 tbsp olive oil**.

Finely chop mint and mix with yoghurt, **2 tbsp olive oil** (optional), **salt and pepper** (see notes).



### 6. FINISH AND PLATE

Serve chicken with dhal, papadums, salad and raita.