



Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith as this is quite bitter.



Aloo Gobi Chicken

with Pickled Onion & Lemon Yoghurt

Indian spiced chicken roasted on top of cauliflower, carrots and potato with our custom aloo gobi spice mix. Finished with a squeeze of lemon, fresh coriander, yoghurt and pickled red onion.



40 minutes



2 servings



Chicken

Make a curry!

Cook the red onion, cauliflower blossoms, potato, carrot and chicken with the spice mix and coconut milk. Serve over rice with lemon wedges and coriander.

Per serve: **PROTEIN** 38g **TOTAL FAT** 11g **CARBOHYDRATES** 43g

FROM YOUR BOX

CHICKEN TENDERLOINS	300g
NATURAL YOGHURT	1 tub
ALOO GOBI SPICE MIX	1 tub
MEDIUM POTATOES	2
CARROT	1
CAULIFLOWER	1/2
RED ONION	1
LEMON	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sugar, white wine vinegar

KEY UTENSILS

oven tray

NOTES

Add 1/4 tsp chilli flakes to the yoghurt if you like for some extra zing.

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Aloo Gobi spice mix: ground turmeric, curry powder, cumin seeds, black mustard seeds, ground paprika.



1. MARINATE THE CHICKEN

Set oven to 220°C.

Toss **chicken tenderloins** with **1 tbsp oil**, **salt**, **1 tbsp yoghurt** and **1 tbsp spice mix**.



2. ROAST THE VEGETABLES

Roughly chop **potatoes** and **carrot**. Wedge **3/4 red onion**. Toss on a lined oven tray with **remaining spice mix**, **oil**, **salt and pepper**. Roast for 20 minutes (see step 5).



3. MAKE THE LEMON YOGHURT

Zest **lemon** and combine with **remaining yoghurt** and **1/2-1 tbsp olive oil**, **salt and pepper** (see notes). Set aside on the fridge until serving.



4. PICKLE THE ONION

In a non-metallic bowl whisk together **1 tsp sugar**, **2 tbsp vinegar** and a pinch of **salt** (see notes). Thinly slice **remaining 1/4 red onion** and toss in **pickling liquid** to coat. Set aside.



5. ROAST THE CHICKEN

Switch oven to grill.

Remove the tray from the oven. Chop and add **cauliflower** and **chicken tenderloins** (leave behind excess marinade). Roast for 15 minutes.



6. FINISH AND SERVE

Squeeze **1/2 lemon** over traybake and wedge **remaining lemon**.

Serve **chicken** and **vegetables** topped with **pickled onion**, dollops of **lemon yoghurt**, **lemon wedges** and **coriander**.



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