



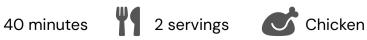


Aloo Gobi Chicken

with Pickled Onion & Lemon Yoghurt

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







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.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

| CHICKEN TENDERLOINS | 300g |
|----------------------|----------|
| NATURAL YOGHURT | 1 tub |
| ALOO GOBI SPICE MIX | 1 tub |
| MEDIUM POTATOES | 3 |
| CARROT | 1 |
| CAULIFLOWER BLOSSOMS | 1 punnet |
| 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.

Cauliflower has been replaced with cauliflower blossoms due to availability.

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



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1. MARINATE THE CHICKEN

Set oven to 220°C.

Toss **chicken tenderloins** with **1 tbsp oil**, **salt**, <u>1 tbsp **yoghurt**</u> and <u>1 tbsp **spice mix**</u>.



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 blossoms 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**.

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



