



Product Spotlight: Beetroot

Be careful when preparing beetroots, and ask the kids to wear an apron if they are helping out in the kitchen; the pink colour can stain your clothes.



Roast Chicken

with Rainbow Veggies and Dukkah Yoghurt Sauce

Oven-roasted rainbow root vegetables with cumin-spiced chicken breast finished with fresh parsley and a flavourful dukkah yoghurt sauce.



40 minutes



2 servings



Chicken

Switch it up!

If you have any vegetables you need to use up, you can add them to the tray bake – potatoes, mushrooms, capsicum and cherry tomatoes would all work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	16g	85g

FROM YOUR BOX

BEETROOTS	2
DUTCH CARROTS	1 bunch
ZUCCHINI	1
SWEET POTATOES	400g
CHICKEN BREAST FILLET (SKIN ON)	300g
NATURAL YOGHURT	1 tub
DUKKAH	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, dried rosemary

KEY UTENSILS

oven tray

NOTES

You can use dried thyme or fresh rosemary on the vegetables if preferred!

To avoid staining, toss the beetroots separately from the other vegetables.



1. PREPARE THE VEGETABLES

Set oven to 250°C.

Trim and scrub **beetroots** and **carrots**. Wedge **beetroots**. Slice **zucchini** (use to taste) and **sweet potatoes**. Toss on a lined oven tray with **2 tsp dried rosemary, oil, salt and pepper** (see notes).



2. ADD THE CHICKEN

Slash **chicken** and rub with **1/2 tbsp cumin, oil, salt and pepper**. Add to tray with **vegetables** and roast for 25-30 minutes until **chicken** is cooked through and **vegetables** are tender.



3. PREPARE THE YOGHURT

Combine **yoghurt** with **1 tsp cumin**. Stir through **dukkah, 1 tbsp olive oil, salt and pepper**. Set aside.



4. FINISH AND SERVE

Slice roast **chicken**, serve with **vegetables** and **dukkah yoghurt**. Chop **parsley** and use to garnish.



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