



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 nutty dukkah yoghurt sauce.



45 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	12g	40g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOTS	2
ZUCCHINI	1
SWEET POTATO	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 220°C.

Trim **carrots** and wedge **beetroots**. Dice **zucchini** and **sweet potatoes**. Toss on a lined tray with **1-2 tsp dried rosemary, oil, salt and pepper** (see notes). Roast for 15 minutes.



4. FINISH AND SERVE

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



2. ADD THE CHICKEN

Slash **chicken** and rub with **2 tsp cumin, oil, salt and pepper**. Add to tray after 15 minutes and roast for 18-20 minutes or until cooked through.



3. PREPARE THE YOGHURT

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



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