



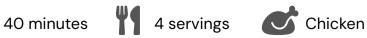


## Aloo Gobi Chicken

### 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, carrots 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	600g
NATURAL YOGHURT	1 tub
ALOO GOBI SPICE MIX	1 tub
MEDIUM POTATOES	4
CARROTS	2
CAULIFLOWER BLOSSOMS	1 punnet
RED ONION	1
LEMON	1
CORIANDER	1 packet

#### FROM YOUR PANTRY

oil for cooking, 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, 1 tbsp yoghurt and 1 tbsp spice mix.



#### 2. ROAST THE VEGETABLES

Roughly chop **potatoes** and **carrots**. 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**.

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