



### Product Spotlight: Spinach

Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



## 2 Roast Chicken Traybake with Spiced Yoghurt Dressing

A simple and wholesome veggie tray bake with sweet potatoes and spinach, served with roast chicken and a spiced yoghurt dressing, finished with a sprinkle of pepita seeds.

 35 minutes

 4 servings

 Chicken

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### Spice it up!

*Add some lime or lemon juice to the dressing for extra zing. Add ground turmeric or cumin seeds to the vegetables as they roast if you have some.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 27g **CARBOHYDRATES** 59g



## FROM YOUR BOX

SWEET POTATOES	800g
ZUCCHINI	1
CHERRY TOMATOES	1 bag (400g)
CHICKEN BREAST FILLETS	600g
GARLIC	1 clove
NATURAL YOGHURT	1 tub (200g)
NASI GORENG PASTE	1/3 jar *
BABY SPINACH	1 bag (200g)
PEPITA SEEDS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander, soy sauce (or tamari)

## KEY UTENSILS

large oven tray

## NOTES

Toast the pepita seeds in a dry frypan if preferred. Alternatively you can add them to the veggie tray bake for the last 5 minutes roasting time.



### 1. PREPARE THE VEGGIES

Set oven to 220°C.

Slice sweet potatoes and zucchini into rounds. Toss on a lined oven tray with tomatoes, **2 tsp ground coriander, oil, salt and pepper.**



### 2. ADD CHICKEN & ROAST

Cut chicken fillets in halves and coat with 1 crushed garlic clove, **1 tbsp soy sauce, oil and pepper.** Place on top of vegetables and roast all together for 25 minutes or until cooked through.



### 3. PREPARE THE DRESSING

Combine yoghurt and 1/4 cup (1/3 of the jar) nasi goreng paste together. Season with **salt** and set aside.



### 4. TOSS THE SPINACH

Gently toss the spinach through the roast vegetables. Slice chicken if preferred.



### 5. FINISH AND PLATE

Serve traybake at the table with dollops of dressing. Garnish with pepita seeds.

**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**

