



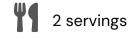


## **Harissa Chicken Chops**

### with Garlic Yoghurt

This dish is a one-tray wonder! Free-range chicken chops coated in fragrant harissa paste, roasted with baby potatoes and cherry tomatoes, served tableside with lime and garlic yoghurt sauce and fresh mint!







# Bulk it up!

Add extra veggies such as zucchini, red onion or chickpeas to the roasting tray to bulk up this dish.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

52g 41

41g

83g

#### FROM YOUR BOX

BABY POTATOES	500g
CHERRY TOMATOES	200g
CHICKEN CHOPS	500g
HARISSA PASTE	1 sachet
LIME	1
GARLIC CLOVE	1
GREEK YOGHURT	1 tub
MINT	1 packet

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

#### **KEY UTENSILS**

oven tray

#### **NOTES**

Slashing the chicken helps to get more flavour into the meat and reduces roasting time.



#### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Slice potatoes. Toss on a lined oven tray with cherry tomatoes, **oil**, **salt and pepper**.



#### 2. ADD CHICKEN AND ROAST

Slash chicken in 3-4 places (see notes). Coat with harissa paste, **salt and pepper**. Add to oven tray and roast for 25-30 minutes until chicken is cooked through and potatoes are tender.



#### 3. MAKE THE YOGHURT SAUCE

Zest lime and juice 1/2 (wedge remaining). Crush garlic. Add to a bowl with yoghurt, 1 tbsp olive oil, salt and pepper. Mix to combine.



#### 4. FINISH AND SERVE

Serve traybake at the table with yoghurt sauce and lime wedges. Garnish with mint leaves.







