



Product Spotlight: Yoghurt

Made with probiotic bacterial cultures, yoghurt is useful for a healthy digestive system. The Greek-style variety is thicker and contains more protein than other yoghurts.



4 Yoghurt-Marinated Chicken with Borani

Free range split chicken, roasted in a spiced yoghurt marinade, served with vegetables and Borani, a spiced yoghurt side dish.



45 mins



2 servings



Chicken

13 August 2021

Marinate it!

If you have some extra time up your sleeves, leave your chicken to marinate for 1-2 hours. The yoghurt will tenderise the meat.

Per serve: **PROTEIN** 39g **TOTAL FAT** 31g **CARBOHYDRATES** 34g

FROM YOUR BOX

| | |
|-------------------|-----------------|
| NATURAL YOGHURT | 1/2 tub * |
| LEMON | 1 |
| SPLIT CHICKEN | 1/2 |
| BUTTERNUT PUMPKIN | 1/2 * |
| GARLIC | 1 clove |
| LEBANESE CUCUMBER | 1 |
| SNOW PEAS | 1/2 bag (75g) * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, ground cumin

KEY UTENSILS

oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. ROAST THE CHICKEN

Set oven to 250°C

In a bowl combine 1 tbsp yoghurt, zest from lemon, **2 tsp paprika, 1 tsp cumin, salt and pepper**. Place chicken on a lined oven tray. Slash in 3-4 places then coat in the yoghurt rub. Roast for 35 minutes or until cooked through.



4. TOSS FRESH VEGETABLES

Dice cucumber and trim and slice snow peas. Toss in a bowl with **olive oil**.



2. ROAST PUMPKIN

Cut pumpkin into wedges and slice half the lemon. Place on oven tray. Toss in **oil, 1 tsp cumin, salt and pepper**. Roast for 15-20 minutes.



5. FINISH AND PLATE

Cut chicken into pieces. Serve on a platter with roasted pumpkin, salad and borani.



3. MAKE THE BORANI

Mix remaining yoghurt, juice from remaining half lemon, **1 tsp paprika, 1 tsp cumin, salt and pepper**. Crush garlic and mix through.

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**

