





HEALTHY

Tandoori Chicken Bake

with Potatoes and Spinach

 30-40min  2 Portions

Proving that comfort food can be nutritious, this extremely moreish dish is high in protein, fibre, and a great source of vitamins. Root vegetables and chicken are marinated in tandoori yoghurt before being baked until golden and tender. Warm, delicious and ultimately healthy.

What we send

- free-range chicken thigh fillet
- baby spinach leaves
- long green chilli
- sweet potato
- potato
- tandoori paste
- Greek-style yoghurt ⁷
- onion

What you'll require

- sea salt and pepper

Utensils

- baking paper
- roasting pan or oven tray
- tongs

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If less heat is preferred, omit the chilli completely. Alternatively the chopped chilli can be served at the table for those who want it.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 470kcal, Fat 14.5g, Carbs 40.7g, Proteins 38.1g



1. Prepare vegetables

Preheat the oven to 200C. Peel and cut the **sweet potato** and **potato** into 1.5cm chunks. Peel the **onion** and cut into thin wedges. Combine the **tandoori paste** and **yoghurt** in a large bowl. Add the vegetables and mix well to coat.



2. Roast vegetables

Line an oven tray with baking paper. Using tongs, put the **vegetables** onto the lined tray and bake for 15 mins. Reserve the unwashed bowl.



3. Prepare chicken

Meanwhile, cut the **chicken** into thick strips and add to the marinade bowl. Season with **salt and pepper**, then toss to coat, coating the chicken in the reserved marinade.



4. Cook chicken

Remove the vegetable tray from the oven. Add the **chicken** to the tray and bake the chicken and vegetables for a further 10 mins until the chicken is cooked and vegetables are tender.



5. Prepare chilli

Meanwhile, thinly slice the **chilli**, removing the seeds for less heat, if desired. Combine the chilli (see cooking tip) and **spinach** in a large bowl.



6. Get ready to serve

Add the **chicken and vegetable mixture** to the **spinach** and **chilli**. Toss to combine. Divide the **Tandoori chicken and vegetables** among bowls to serve.