





**HEALTHY**

## Tandoori Chicken Bake

with Potatoes and Spinach

 30-40min  4 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

- baby spinach leaves
- tandoori paste
- potato
- onion
- sweet potato
- long green chilli
- Greek-style yoghurt <sup>7</sup>
- free-range chicken thigh fillets

## What you'll require

- sea salt and pepper

## Utensils

- baking paper
- 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 **potatoes** into 1.5cm chunks. Peel the **onions** 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 2 oven trays with baking paper. Using tongs, put the **vegetables** onto the lined trays 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 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.