




Product Spotlight: Cherry Tomatoes


Did you know tomatoes are considered an everyday superfruit? Naturally high in lycopene, they may protect your DNA from damage, which, in turn, helps prevent various cancers.



Bengali Chicken Chops with Roasted Vegetables

Bone-in chicken chops roasted in Bengali curry paste from Island Curries, and served with roasted potatoes, sweet cherry tomatoes and red onion.

 35 minutes

 4 servings

 Chicken

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Bulk it up!

To get extra serves from this dish, add veggies such as sweet potato, pumpkin or zucchini to the roasting tray or serve with pappadums or naan.

Per serve: **PROTEIN** 45g **TOTAL FAT** 14g **CARBOHYDRATES** 51g

FROM YOUR BOX

MEDIUM POTATOES	1 bag (800g)
RED ONION	1
CHERRY TOMATOES	2 x 200g
CHICKEN CHOPS	1kg
CURRY PASTE	1 sachet
LEBANESE CUCUMBERS	2
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

oven tray

NOTES

Add some finely chopped mint leaves to the yoghurt for a herby twist.

You could also use the cucumbers and yoghurt to make a raita.



1. PREPARE THE VEGETABLES

Set oven to 250°C.

Cut potatoes into small pieces and wedge onion. Add to a lined oven tray along with cherry tomatoes. Toss with **oil, salt and pepper**.



2. ROAST THE CHICKEN

Place chicken on top of vegetables. Slash in 3–4 places. Coat with **oil**, curry paste, **salt and pepper**. Roast for 25–30 minutes until chicken is cooked through.



3. PREPARE THE YOGHURT

Ribbon cucumbers and set aside.

Mix yoghurt in a bowl with **1 tsp cumin, salt and pepper** (see notes).



4. FINISH AND SERVE

Serve chicken and vegetables tableside with fresh cucumber and yoghurt.

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

