



Product Spotlight: Lime


When zesting lemons, limes or oranges, only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel; this is quite bitter.




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!

 40 minutes

 4 servings

 Chicken

Bulk it up!

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

Per serve: **PROTEIN** 49g **TOTAL FAT** 35g **CARBOHYDRATES** 75g

FROM YOUR BOX

BABY POTATOES	1kg
CHERRY TOMATOES	2 x 200g
CHICKEN CHOPS	1kg
HARISSA PASTE	2 sachets
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 along 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.



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