



U C O O K

— COOKING MADE EASY

ROAST TIKKA CHICKEN

with **crispy chickpeas**, & **sautéed baby spinach**

There's still a nip in the air, so tuck into a tikka-marinated chicken quarter with tender, fragrant meat and crispy skin. To keep it light, a tangy tomato and red onion sambal and a cucumber-coriander raita.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

20ml	Spice and All Things Nice Tikka Curry Paste
2	Free-Range Chicken Leg Quarter
240g	Chickpeas <i>drained & rinsed</i>
300g	Baby Tomatoes <i>rinsed & quartered</i>
2	Red Onion <i>peeled & thinly sliced</i>
30ml	Pickling Liquid <i>(20ml White Wine Vinegar & 10ml Honey)</i>
100ml	Plain Yoghurt
100g	Cucumber <i>finely diced</i>
10g	Fresh Coriander <i>rinsed & roughly chopped</i>
40g	Baby Spinach <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. TIKKA ROAST Preheat the oven to 200°C. In a small bowl, combine the tikka curry paste with 2 tbsp of oil and some seasoning. Pat the chicken dry with some paper towel. Place on a roasting tray, coat in the tikka paste, and roast in the hot oven for 30-35 minutes. At the halfway mark, coat the drained chickpeas in oil and some seasoning. Scatter on the tray around the chicken and return to the oven for the remaining roasting time. On completion, the chickpeas should be crispy and the chicken should be cooked through and crispy-skinned.

2. SAMBAL & CUCUMBER RAITA Place the quartered baby tomatoes, the Pickling Liquid, and a third of the sliced red onion in a bowl. Toss to combine, season to taste, and set aside for serving. Place the yoghurt and diced cucumber in a second bowl. Stir in three-quarters of the chopped coriander, season to taste, and set aside for serving.

3. SAUTÉ THE VEG When the chicken and chickpeas are almost ready, place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the remaining sliced red onion for 3-4 minutes until soft. Add the rinsed baby spinach and cook for 2-3 minutes until wilted, shifting occasionally. Remove the pan from the heat on completion.

4. ALMOST THERE... When the chicken is cooked, remove from the oven and allow to rest for 3-5 minutes before serving. Drain the Pickling Liquid from the sambal and stir some of it into the cucumber raita to taste. Reserve the remainder in the fridge for use in another meal, or discard.

5. TIKKA TIME Dish up some sautéed spinach next to the fragrant roast tikka chicken and the crispy chickpeas. Top with some fresh sambal, garnish with the remaining coriander, and serve with the cucumber raita on the side. Delish, Chef!

Nutritional Information

Per 100g

Energy	467kJ
Energy	112Kcal
Protein	8.8g
Carbs	7g
of which sugars	2.3g
Fibre	2g
Fat	4.7g
of which saturated	1.2g
Sodium	31mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days