



U C O O K

— COOKING MADE EASY

Oven-Baked Tandoori Chicken

with a spiced yoghurt marinade, whole wheat couscous & crispy kale

Fragrance your chicken pieces with a blend of tandoori spices and yoghurt — marinate them overnight for extra flavour and succulence! With aromatic sides of turmeric-infused couscous and tomato sambal with fresh lime.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

50ml	Plain Yoghurt
10ml	Tandoori Spice Mix
2	Free-Range Chicken Pieces
1.25ml	Cumin Seeds
100g	Baby Tomatoes <i>rinsed & roughly diced</i>
1	Onion <i>one half peeled & finely diced</i>
1	Lime <i>zested & cut into wedges</i>
50g	Kale <i>rinsed & roughly shredded</i>
100ml	Whole Wheat Couscous
1.25ml	Turmeric Powder
5ml	Vegetable Stock

From Your Kitchen

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

1. TANDOORI MARINADE Place the yoghurt in a bowl and combine with the tandoori spice mix. Pat the chicken pieces dry with some paper towel, place in the bowl of marinade, and toss to coat. Allow to marinate for at least 15 minutes or as long as you have time for – even overnight! Preheat the oven to 200°C. Place the marinated chicken on a roasting tray and lightly season, reserving the remaining marinade in the bowl. Roast in the hot oven for 30-35 minutes until cooked through.

2. WHILE THE CHICKEN MARINATES... Make the sambal! Place the cumin seeds in a pan over a medium heat. Toast for 1-2 minutes until fragrant, shifting occasionally. Remove from the pan on completion and set aside to cool. Place the diced baby tomatoes in a bowl with the diced onion (to taste) and the juice of 2 lime wedges. Toss together and stir through some lime zest to taste. Once the cumin seeds are cool, add half of them to the sambal along with a drizzle of oil. Toss, season to taste, and set aside for serving.

3. CRISP THE KALE Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage the kale until softened and coated in oil. When the chicken has 10 minutes remaining, baste it with the reserved yoghurt marinade and scatter the soft kale on the tray around it. Return the tray to the oven and cook for the remaining time until the kale and chicken skin are crispy.

4. GOLDEN TURMERIC COUSCOUS Boil the kettle. Place the couscous, turmeric, and stock in a shallow bowl and submerge in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork. When the kale has crisped, toss it through the couscous.

5. DINNER IS SERVED! Dish up a bed of vibrant kale and couscous, top with the tandoori roast chicken, and garnish with the remaining cumin seeds. Serve with a lime wedge and the fresh sambal on the side. Tuck in, Chef!



Chef's Tip

The longer you marinate the chicken, the better! So, if time is on your side, complete the marinating step an hour or two before you plan to start cooking. You can even marinate it overnight!

Nutritional Information

Per 100g

Energy	569kJ
Energy	136Kcal
Protein	10.2g
Carbs	12g
of which sugars	1.8g
Fibre	2.1g
Fat	5.1g
of which saturated	1.4g
Sodium	179mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days