



Spiced Yoghurt Coated Chicken

with Roasted Squash, Kale, Broccoli and Curry Garlic Sauce

Calorie Smart 40 Minutes • Under 600 Calories • 2 of your 5 a day

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Butternut Squash



Ground Coriander



Coriander



Broccoli



Rogan Josh Paste



Greek Yoghurt



Diced Chicken Thigh



Garlic Clove



Kale

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray and Bowl.

Ingredients

	2P	3P	4P
Butternut Squash**	1 small squash	1 large squash	2 small squash
Ground Coriander	1 small sachet	1 large sachet	2 small sachets
Coriander**	1 bunch	1 bunch	1 bunch
Broccoli**	¾	1	1½
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Greek Yoghurt 7)**	75g	100g	150g
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2 cloves	3 cloves	4 cloves
Kale**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	2100/502	341/81
Fat (g)	24	4
Sat. Fat (g)	7	1
Carbohydrate (g)	30	5
Sugars (g)	16	3
Protein (g)	40	6
Salt (g)	2.38	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Squash

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds**. Chop it widthways into 2cm slices, then chop into 2cm chunks (no need to peel). Pop the **squash** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **ground coriander**. Toss to coat and spread out in a single layer. Roast on the top shelf of your oven until golden and tender, 30-35 mins. Turn halfway through cooking.



Finish the Yoghurt

Pop the remaining **yoghurt** in a bowl with the reserved **Rogan Josh curry paste**, season with **salt** and **pepper** and mix together. Get your washing up done.



Prep the Chicken

Roughly chop the **coriander** (stalks and all). Separate the **broccoli** into florets. Line a large baking tray with foil. Reserve **1 teaspoon** of **Rogan Josh curry paste**, pop the rest in a bowl, then add **a third** of the **yoghurt**. Season with **salt** and **pepper** and stir together. Add the **chicken**, stir to coat, then pop onto 1 side of a baking tray in a single layer. Pop the **broccoli** on the other side of the baking tray. Drizzle with **oil** and season with **salt** and **pepper**.



Roast the Kale

When the **butternut** is cooked, pop the **kale** on top and drizzle with **oil**. Season with **salt** and **pepper** and pop back into your oven until the **kale** is tender and slightly crispy, 3-4 mins. When the **garlic** is cooked, carefully take it off your baking tray and remove from the tin foil. Mash on your board with a fork and stir it into the **yoghurt**.



Roast!

Peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Pop on the tray with the **chicken** and **broccoli**. When the **squash** has been in the oven for 20 mins, remove from your oven and turn. Pop it back on the top shelf to finish cooking. At the same time, roast the **chicken** and **broccoli** on the middle shelf of your oven until the **chicken** is cooked through and the **broccoli** is tender, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Jumble and Serve

Once everything is cooked, add the **broccoli** and **chicken** to the tray with the **squash** and **kale** and mix to combine. Add in a splash of the **water** to the **curried garlic yoghurt** to thin it out and mix. Serve in bowls and drizzle over the **spiced yoghurt**. Sprinkle over the **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.