



re:fresh

your health and wellbeing

RECIPES

CURRIED CHICKEN & NEW POTATO TRAYBAKE

**15 MINS TO PREPARE AND
45 MINS TO COOK**

SERVES 4

INGREDIENTS

8 chicken drumsticks
3 tbsp olive oil
1 tsp garlic paste
1 tsp ginger paste
1 tsp garam masala
1 tsp turmeric
150ml natural yoghurt
500g new potatoes, halved
4 large tomatoes roughly chopped
1 red onion finely chopped
Small pack coriander, roughly chopped.

NUTRITION PER SERVING

Kcal 410	Sugars 11g
Fat 18g	Fibre 5g
Saturates 4g	Protein 30g
Carbs 28g	Salt 0.4g

METHOD

1. Put the drumsticks in a large bowl with 1 tbsp oil, the garlic, ginger, garam masala, turmeric and 2 tbsp yogurt. Toss together with your hands until coated. Leave to marinate for at least 30 mins (can be left in the fridge overnight). Heat oven to 180C/160C fan/gas 4.
2. Put the potatoes in a large roasting tin with the remaining oil and plenty of seasoning. Add the chicken drumsticks and bake for 40-45 mins until cooked and golden.
3. Scatter the tomatoes, onion, coriander and some seasoning over the chicken and potatoes, with the remaining yogurt served on the side.