

Turmeric Chicken with Indian Potatoes

This turmeric chicken is bright yellow in celebration of our Indian spiced potatoes. So tasty, so much flavour, so much yes! Add a dollop of yoghurt and a squeeze of lemon, and everyone's ready to party.



Prep: 15 mins Cook: 35 mins Total: 50 mins



level 1



high protein



eat me early







Turmeric



Greek Yoghurt



Chicken Breast

















Ginger

Mild Curry Powder

Cavolo Nero

2P	4P	Ingredients	
1 sachet	2 sachets	turmeric	
1 tub	2 tubs	Greek yoghurt	
2 fillets	4 fillets	chicken breast	
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces	
1 tbs	2 tbs	olive oil *	
1/2	1	brown onion, finely sliced	1
1 clove	2 cloves	garlic, peeled & crushed	1
1 knob	2 knobs	ginger, peeled & finely grated	
⅔ sachet	1 ½ sachets	mild curry powder (recommended amount)	
1 bunch	2 bunches	cavolo nero, stems removed & finely sliced	
2 tbs	4 tbs	water *	
1/2	1	lemon, cut into wedges	

Ingredient features in another recipe

Pantry Items

Pre-preparation

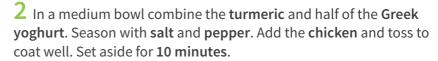
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Energy	2070	Kj
Protein	41.8	g
Fat, total	18.8	g
-saturated	5.3	g
Carbohydrate	36.1	g
-sugars	8.5	g
Sodium	292	mg



You will need: chef's knife, chopping board, garlic crusher, fine grater, medium bowl, tongs, medium saucepan, colander, medium ovenproof frying pan, medium frying pan and wooden spoon.

1 Preheat the oven to 200°C/180°C fan-forced.



3 Place the **potato** into a medium saucepan of water and bring to the boil. Cook for **15 minutes**, or until tender. Drain.

4 Place a medium ovenproof frying pan over a medium-high heat. Add the **chicken** and cook for **2 minutes** on each side and then transfer to the oven for **10 minutes**.



5 Meanwhile heat the **olive oil** in a medium frying pan over a medium heat. Add the **brown onion**, and cook stirring for **5 minutes** or until soft. Add the **garlic**, **ginger** and **mild curry powder** and cook, stirring, for **1 minute** or until fragrant. Add the drained potato, **cavolo nero** and **water** to the pan and cook, stirring to coat well in the aromatics and curry powder. Cook for **1-2 minutes** or until the cavolo nero is wilted. Squeeze with the juice of half of the **lemon wedges**.



6 To serve, divide the Indian potatoes and turmeric chicken between plates. Dollop with the remaining Greek yoghurt and drizzle with a squeeze of lemon.

