



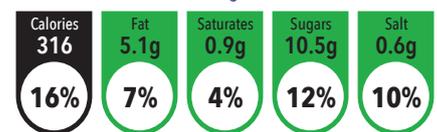
BAKED CHICKEN & BOMBAY POTATOES

 **Prep: 15 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 500g baby new potatoes, halved if large
- 1 tbsp oil
- 500g chicken breast fillets, cut into chunks
- 1 onion, sliced
- 1 clove garlic, chopped
- ½ tsp turmeric
- ½ tsp mild chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp **LoSalt**
- 400g can chopped tomatoes
- 28g pack fresh coriander, chopped
- 150g tub low fat natural yogurt

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Cook the potatoes in boiling water for 5 minutes and drain.
3. Meanwhile, heat the oil in a large frying pan and fry the chicken and onion for 4-5 minutes, add the garlic, spices and **LoSalt** and cook for 1 minute.
4. Stir in the tomatoes, 150ml water and potatoes, bring to the boil and transfer to a roasting tin.
5. Bake for 30 minutes or until the chicken is cooked throughout and potatoes are tender. Stir in half the fresh coriander.
6. Mix together the yogurt and remaining coriander and serve with the chicken and Bombay potatoes.