

# Curried chicken tray bake

800g chicken drumsticks, skin on  
200g cauliflower, cut into  
medium-sized florets

1 medium-sized red onion, peeled  
and quartered

300g white potatoes, quartered

1 tbsp olive oil

a large pinch of sea salt and ground  
black pepper

juice of 1 lemon

a small bunch of fresh coriander,  
roughly chopped

## **for the marinade:**

2 tps olive oil

1 tbsp Greek yoghurt (use dairy free  
if preferred)

1 clove garlic, finely chopped

2 tps fresh ginger, grated

2 tps ground cumin

1½ tps chilli flakes

2 tps garam masala

2 tps ground turmeric

Mix the marinade ingredients in a large  
bowl. Add the drumsticks and stir well to  
cover.

Refrigerate for 30 minutes, or overnight if  
you have time.

Preheat oven to 180°C/350°F.

Place the cauliflower, onion and potatoes  
in a large roasting dish. Drizzle the olive oil  
over the vegetables and season with salt  
and pepper.

Add the chicken drumsticks and stir. Bake  
for 45 minutes or until cooked.

Drizzle the lemon juice over the chicken.  
Garnish with coriander and serve.

*Store any leftovers in an airtight container  
and refrigerate for up to 3 days.*

## **Serving suggestion:**

Serve with salad or enjoy on its own.

**SERVES 4**

### **PER SERVING:**

**312 Calories**

**22g Carbs**

**29g Protein**

**12g Fat**

