

# Roast Chicken with Spicy Potatoes and Red Pepper

Serves 1



**PROJECT FOOD**

A helping hand to healthy eating

## Ingredients

200g/7oz potatoes

½ tsp curry powder or use a mix of your own spices according to what you like and/or have available—cumin, turmeric and paprika would all work well

½ lemon

½ red pepper, deseeded and chopped

1 chicken breast or 2 chicken thighs

1 tbsp olive oil

## Optional

A few sprigs of fresh coriander, leaves picked

2cm piece of ginger, peeled and cut into matchsticks



## Method

1. Preheat the oven to 200°C, 180°C fan, gas mark 6.
2. Peel and chop potatoes into (2.5cm or so) cubes and then boil them for about 5 minutes. Leave to drain while you prepare the rest of the dish.
3. Put the curry powder (or other spices) into a bowl and grate in the zest of half the lemon.
4. Then add the chopped red pepper and coriander leaves and ginger, if using. Then squeeze in the juice from about half the lemon.
5. Now add the drained potatoes and chicken along with a tbsp of olive oil and stir everything around to coat. Add some black pepper too if you like.
6. Tip the mixture into a small baking dish (the potatoes should be a layer thick), making sure the chicken is placed on top.
7. Cook in the oven for about 25–30 minutes until the chicken is cooked through and the potatoes soft.

Why not cook two chicken breasts or extra thighs at the same time? You can use the leftovers for lunch the next day. Or you could get lots of lovely leftovers for several meals by spatchcocking a whole chicken and cooking on top of the potatoes instead—remember to increase the cooking time to about 35–40 minutes though!

# Tomato and Cucumber Salad



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## Ingredients

5 tomatoes, diced  
1 onion, chopped  
1 cucumber, sliced  
1 green pepper, chopped  
handful chopped fresh basil  
good handful chopped fresh parsley  
6 cloves garlic, crushed  
salt and freshly ground black pepper to taste  
2 tablespoons white wine vinegar



## Method

In a large bowl, simply combine all ingredients. Toss well, chill and serve.

This salad makes a great quick and easy lunch as well as a side salad. Keep in an airtight tub, in the fridge for around 4 days.  
Perfect with crusty bread for lunch.

## Raita Dip

### Ingredients

500g half fat plain yoghurt  
1/2 cucumber  
Fresh mint, chopped finely



### Method

1. Grate the cucumber on to a tea towel so that the juice drains
2. Place the cucumber once drained into the bowl, add the mint and mix together
3. Stir in the yoghurt and serve