Dinner

Crispy Spiced Chicken with Mint Yoghurt Salad

Crunchy seed crusted chicken bakes beside soft potatoes and is served with a fresh salad of peas, lettuce and apple, finished with a minty yoghurt dressing.



Nut free

50 min	524	76.7 g	14.6 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 teaspoon cumin seed
- [ ] 2 tablespoons panko bread crumbs
- [ ] 1 teaspoon ground coriander
- [ ] 2 teaspoons sesame seeds
- [ ] 3 potatoes, chopped
- [ ] 1/2 cup reduced-fat plain yoghurt
- [ ] 200 g skinless chicken breast
- [ ] 2 tablespoons wholemeal plain flour
- [ ] 1 teaspoon olive oil
- [ ] pepper, to taste
- [ ] 1/4 cup mint leaves
- [ ] 2 tablespoons lemon juice
- [ ] 1/2 cup frozen peas, defrosted
- [ ] 1/2 apple, thinly sliced
- [ ] 1/4 red onion
- [ ] 1/4 lettuce, torn

Nutrition Facts

Per serving

Calories	524
Total fat	8.8 g
Saturated fat	Not listed
Sodium	198 mg
Total carbs	76.7 g
Fiber	10 g
Total sugars	14.6 g
Protein	41 g

Method

- [ ] 1 Set the oven to 200°C and line a baking tray with baking paper.
- [ ] 2 Roughly crush the cumin seed using a mortar and pestle, a food processor or a knife, then mix in the panko bread crumbs, ground coriander and sesame seeds.
- [ ] 3 Microwave the chopped potatoes in a lidded microwave safe container or a bowl covered with cling wrap for 4 minutes on HIGH, stirring after 2 minutes.
- [ ] 4 Toss the potatoes with olive oil and pepper, spread them over an oven tray and slide the tray into the oven while you prepare the chicken.
- [ ] 5 Spoon the reduced-fat plain yoghurt evenly into one large bowl and one small bowl and set the small bowl aside for the dressing.
- [ ] 6 Cut the skinless chicken breast in half to make two thinner pieces, dust each piece with wholemeal plain flour and shake off the excess.
- [ ] 7 Dip the floured chicken into the yoghurt in the large bowl, let the excess drip off and lay the pieces on the baking tray, then throw away any yoghurt that touched the raw chicken.
- [ ] 8 Press half the crumb mixture over the top of each chicken piece.
- [ ] 9 Set the chicken on the oven tray beside the potatoes and bake for 20 minutes, until the coating is golden and crisp and the potatoes are soft.
- [ ] 10 While everything bakes, finely chop half the mint leaves and stir them into the reserved yoghurt with the lemon juice, then season with pepper.
- [ ] 11 Arrange the torn lettuce, frozen peas, red onion, thinly sliced apple and remaining mint leaves on a plate and top with the chicken.
- [ ] 12 Spoon the dressing over everything just before serving.

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