

Indian Chicken and Potato Bake

800g Potato cubed 3cm pieces
500g water
1 large egg plant cubed
1 red capsicum, cubed
1 punnet cherry tomatoes
2 large onion, sliced into 8ths
2tbsp mustard seeds
2tbsp cumin seeds
1tbsp fenugreek seeds
100g olive oil
40g fresh ginger peeled
3 garlic cloves peeled
2 red chillies (or to taste)
12 curry leaves
40g coriander stalks and roots (leaves to garnish)
1 tbsp turmeric
6-12 chicken thighs (fillet or cutlet)
1-2 heaped tsp salt
Extra oil if required.

Place potato into the Varoma and the water to the bowl and cook for **30 minutes at Varoma Temp Speed 3.**

Meanwhile grab a large roasting pan. Add eggplant, capsicum, tomatoes and onion to the pan. When the potato is cooked, add to the vegetables.

Empty the bowl. Add the oil, mustard seeds, cumin seeds, fenugreek seeds and curry leaves. Cook for **10 minutes at 120° Speed 1.**

Add ginger, garlic, turmeric, coriander and chillies and chop on **Speed 7 for 5 seconds**, scrape and repeat if necessary.

Preheat the oven to 200°.

Pour the oil over the vegetables and coat well. Snuggle the chicken into the vegetables and drizzle with more oil if necessary and sprinkle with the salt.

Place in the oven and bake for 1 hour.

Dressing, add all ingredients together

200g greek yoghurt
Handful of fresh mint leaves chopped
Juice of a lemon or lime
Salt and pepper