

Tandoori Chicken with Spiced Butternut Squash and Tahini Yogurt

1 tsp Cayenne pepper
1 tsp ground nutmeg
2 tsp garlic salt

1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp ground turmeric
1 tbsp grated fresh ginger
1 tbsp tahini
2 tbsp sweet paprika

400g low fat plain yogurt
1.6kg butternut squash (medium), peeled
1kg skinless chicken breasts fillets

Combine cayenne, cumin, coriander, turmeric, paprika & salt in a large bowl.
Add chicken breasts and rub the spice mixture into and over the chicken.
Cover and refrigerate for a minimum of 3 hrs or over night.

Combine the tahini and yogurt in a serving bowl

Cut the butternut squash into chunks

Coat the butternut chunks with the combined ginger and nutmeg and lightly spray with oil.

Bake for 20mins at 200°C

Lightly oil a frying pan (or stove to oven pan) and cook chicken over a medium heat, turning, until lightly browned on both sides.

Transfer to a pre-heated oven, 200°C, and bake for 10mins until just cooked through.
Remove from oven and stand for 10mins then slice the chicken.

Serve the sliced chicken with the spiced butternut squash and yogurt.