



Low FODMAP Tandoori Chicken

Serves: 4

Prep: 25 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
½ cup plain Greek yoghurt (or lactose-free yoghurt if you malabsorb lactose)	125 g	4.4 oz
2 tsp tomato paste	10 g	0.4 oz
1½ tsp paprika	3 g	0.1 oz
1 tsp ground coriander	2 g	0.7 oz
2 tsp salt	10 g	0.4 oz
Chicken breast, in thick slices	600 g	21.2 oz
2 Tbsp olive oil	36 g	1.3 oz
Kent/Japanese pumpkin, cut into thick slices	900 g	31.7 oz
6 spring onions, green tops thinly sliced	16 g	0.7 oz
¼ cup fresh lime juice	62.5 g	2.2 oz
2 Tbsp ginger, peeled and finely chopped	40 g	1.4 oz
3 cups coriander leaves	48 g	1.7 oz
Steamed rice, to serve		

Method

1. Move the oven racks to have one rack in the upper and another rack in the lower third of the oven. Preheat the oven to 230°C/450°F.
2. In a large mixing bowl mix together the yoghurt (lactose-free if needed), tomato paste, paprika, ground coriander, and 2 tsp of salt. Add chicken and toss to coat. Let sit at room temperature at least 10 minutes.
3. Using a rimmed baking tray grease with 1 Tbsp of oil place the chicken on the tray leaving space between the chicken pieces.
4. In a bowl mix together 1 Tbsp of oil, 1 tsp of salt and the pumpkin pieces. Coat the pumpkin place on another non-stick baking tray.
5. Place the tray with the chicken on the top rack of the oven and the pumpkin on the lower rack. Leave to cook for about 15-20 minutes. Make sure to turn over the pumpkin after 7 minutes to ensure the pumpkin cooks through to being a tender golden brown.
6. Meanwhile, in a blender mix together the green tops of 6 spring onions, ¼ cup fresh lime juice, ginger, 3 cups of coriander leaves, 60ml of water, ¼ cup oil, and 2 tsp of salt and blend till smooth.
7. Steam rice to serve 4 as per rice packaged instructions.
8. Divide the rice among 4 serves and top with chicken, pumpkin, and sauce. Garnish with coriander leaves. Enjoy!

Hints

- Marinating the chicken can also be done the night before and left to marinate in the refrigerator overnight.

Nutrition Information (per serve)	
Energy	2577 Kj / 616 cal
Protein	41.00g
Carbohydrates	29.00g
Sugar	5.00g
Total Fat	39.00g
Saturated Fat	7.00g
Fibre	5.00g