

Dinner

Curry Roast with Vegetables

Ingredients:

Skinless chicken or turkey breast (beef or lamb)

(first week: 195g chicken = 43g protein), 135g = 30g, 90g = 20g.

1 cup mixed raw vegetables: cauliflower, zucchini, broccoli
 traditional curry powder
 Sea salt and pepper to taste
 sprinkling of dried basil
 sprinkling of dried parsley
 pinch of dried nutmeg
 Olive oil cooking spray

Method:

- Spray coat chicken breast with Olive oil cooking spray
- Sprinkle with Traditional curry powder, Sea salt and pepper
- Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked
- In a food processor, process all vegetables together until fluffy
- Place vegetables in a bowl and spray coat with Olive oil cooking spray (until they bind together)
- Then place vegetable mixture onto a piece of foil
- Sprinkle with basil, parsley and pinch of nutmeg
- Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside
- Place vegetable packet in oven next to chicken parcel and cook (approx. 15 minutes)
(Grate or chop vegetables finely if no food processor available)