

THURSDAY - STARTER

Tandoori Vegetables with Minted Yoghurt

Serves: 10 Persons



Recipe Ingredients

Vegetables

- | | |
|--------|----------------------------|
| 1 | Courgette |
| 2 | Red Peppers |
| 2 | Red Onions |
| 2 tbsp | Tandoori Spice |
| 2 tbsp | Vegetable Oil |
| 1 tbsp | Lemon Juice |
| | Salt and pepper |
| | Lettuce Leaves for Garnish |



CHARBONS

Minted Yoghurt

2 tubs	Natural Yoghurt	Not suitable for VG/LF
½ Bunch	Mint	
1 tsp	Lemon Juice	

Evening Preparation

5:00pm

503. Roughly cut all vegetables into small pieces and add into a glass mixing bowl.
504. Add the rest of the ingredients except the lettuce and season with salt and pepper.
505. Mix thoroughly, place in a baking tray and set aside marinating.
506. In a separate bowl add the yoghurt, ½ bunch of the picked and chopped mint leaves and lemon juice.
507. Season to taste and mix. Cover and place in the fridge ready for service.
508. Add chicken to curry sauce.
543. Make the carrot and onion salad plus the raita.

7.00pm (Once the canapés are ready)

544. Place the marinated vegetables on the top shelf of the oven to roast for 25-30 minutes, mixing halfway through so they cook evenly.
545. Prepare the wild rice.

(Once the canapés are served)

546. Garnish the plates with a few leaves just off the centre of each plate.

7.25pm

547. Take the vegetables out of the oven; they should be cooked through and slightly crispy.

To Serve

548. Next to the lettuce place roughly 3tbsp of cooked vegetables, ensuring that all three vegetables are on each plate. Pour the minted yoghurt over the top of the vegetables on the side next to the lettuce and sprinkle with freshly chopped mint. Serve hot. No yoghurt for V/LF