

CHARDONS

DAY 5 - STARTER

Tandoori Vegetables with minted yogurt

(S), (V), (GF)

Tandoori Vegetables with Cumin and paprika spiced oil

(VG), (LF), (NF)

Serves: 10 Persons



Recipe Ingredients

Vegetables

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



Minted Yoghurt

- 2 tubs Natural Yoghurt Not suitable for (VG), (LF)
- ½ Bunch Mint
- 1 tsp Lemon Juice

Evening Preparation

5:00pm

1. Roughly cut all vegetables into small pieces and add into a glass mixing bowl.
2. Add the rest of the ingredients except the lettuce and season with salt and pepper.
3. Mix thoroughly, place in a baking tray and set aside marinating.
4. In a separate bowl add the yoghurt, ½ bunch of the picked and chopped mint leaves and lemon juice.
5. Season to taste and mix. Cover and place in the fridge ready for service.

7.00pm (Once the canapés are ready)

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

(Once the canapés are served)

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

7.25pm

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

To Serve

9. 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 (VG), (LF)

Dietaries

(VG), (LF) – For Vegan and Lactose Free guests please leave off the mint yoghurt and replace with “cumin & paprika spiced oil”. [Click here for the recipe.](#)