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Curried Chicken With Sweet Potatoes and Cauliflower

Prep Time: 4 h 20 mins

Cook Time: 30 mins

Total Time: 4 h 50 mins

Ingredients

- 3/4 cup(s) yogurt, fat-free plain
- 1 teaspoon curry powder, Madras-style
- 1 teaspoon coriander, ground
- 1 teaspoon ginger, ground
- 1 clove(s) garlic, minced
- 3/4 teaspoon salt, divided
- 1/4 teaspoon pepper, cayenne
- 1 1/2 pounds chicken, thighs, boneless, skinless, 8 thighs, trimmed
- 1 pounds potato(es), sweet, peeled and cut into 1/2 inch cubes
- 3 cup(s) cauliflower, florets (1 small head), or broccoli florets
- 1 tablespoon oil, olive, extra virgin
- pepper, black ground, to taste
- 1/4 cup(s) nuts, dry-roasted, unsalted cashews, chopped (or unsalted, dry-roasted peanuts)
- 1/4 cup(s) cilantro, fresh, loosely packed leaves

Preparation

- 1) Combine yogurt, curry powder, coriander, ginger, garlic, 1/2 teaspoon salt and cayenne in a shallow glass dish; mix to blend. Reserve 1/4 cup of this mixture; cover and refrigerate. Add chicken to the remaining yogurt mixture and turn to coat. Cover and marinate in the refrigerator for at least 4 hours or overnight.
- 2) Preheat oven to 450°F. Lightly coat a large rimmed baking sheet with cooking spray.
- 3) Remove the chicken from the marinade and place on the prepared baking sheet. Toss sweet potato with the reserved yogurt mixture in a medium bowl and place on the baking sheet. Toss cauliflower with oil in a medium bowl and add to the baking sheet. Season vegetables with the remaining 1/4 teaspoon salt and pepper. Roast chicken and vegetables, uncovered, for 15 minutes.
- 4) Carefully turn the chicken over and stir the vegetables. Roast until the vegetables are tender and chicken is cooked through, 10 to 15 minutes more.
- 5) Arrange chicken and vegetables on a platter or individual plates and garnish with peanuts (or cashews) and cilantro.