

African-spiced Roasted Chicken and Root Veggies



Tonight you'll present root vegetables with a tasty lemon/red sauce as the featured portion of the meal. They're served with African-spiced plant-based Chick'n as an accent to the plate and a simple Ethiopian green salad to complete the meal.

Preparation Time: 55 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates so they are easy to add. There are two different onion preps: 1/2 of a large sweet onion, peeled and quartered for the root vegetables and 1 T. finely-chopped red onion for the salad. Prep 2 cloves chopped garlic: 1 for the Yogurt Sauce and 1 for the Ethiopian Green Salad.

Roasted Root Vegetables

1 large rutabaga (peeled, and cut into 1-1/2" pieces)
2 medium golden potatoes (scrubbed and halved)
2 medium red or purple potatoes (scrubbed and halved)
2 tsp. olive oil

1 medium sweet potato
1/2 large sweet onion (peeled, quartered)

Citrus Marinara Sauce

1-1/2 C. marinara sauce (leftovers)
2 T. lemon juice

Yogurt Sauce

2/3 C. plain, nonfat yogurt
1 small clove garlic (smashed and chopped)
1 T. fresh mint (finely chopped)
1 T. lemon juice
1 T. olive oil

African Chicken

African Spice Mix:

1/2 tsp. coriander seeds
1/2 tsp. cumin seeds
1/2 tsp. caraway seeds
1/4 tsp. red pepper flakes

1/2 tsp. garlic powder
1/4 tsp. sea salt
1/2 tsp. sugar

African Chick'n:

1 tsp. olive oil
30 pieces Morningstar Chick'n Strips
1/2 C. white wine
1 T. spice mix from above

Ethiopian Green Salad

Dressing:

2 tsp. lemon juice
1 T. olive oil
1 T. red onions (finely-chopped)
1 small clove garlic (smashed and chopped)
1 T. jalapeno pepper (finely-chopped)
1/4 tsp. salt and pepper

2 C. Romaine lettuce (chopped)
1/3 C. fresh tomatoes (chopped)

Let's Prepare, and Cook This!

Preheat oven to 375°.

Basic Assembly Instructions.

Make African Spice Mix. Toast coriander, cumin, and caraway seeds in a dry sauté pan over medium heat until they begin to pop and brown. Remove from heat and add the pepper flakes to the pan. Toss well. Allow to cool a bit and grind in a spice grinder with garlic powder, salt and sugar.

Roasted Vegetables

1. Drop rutabaga pieces into 2 C. boiling water. Boil for 8 minutes. Drain water and transfer to a medium-size bowl.
2. Toss potato halves and par-boiled rutabaga with olive oil.
3. Place par-boiled rutabaga pieces, halved potatoes, whole sweet potato and onion on an oiled cookie sheet. Cover with foil and bake in a 375° oven for 25-30 minutes. Make sure the potatoes and rutabaga are tender before removing from the oven. When finished roasting, allow to cool a few minutes and peel skin from sweet potato.

African Chicken

Toss frozen Chick'n pieces in a hot pan with oil until they're browned. Add white wine to pan and sprinkle spices into pan. Toss until wine mostly cooks away. Remove pan from burner and set aside. Reheat just before serving.

Citrus Marinara Sauce

Measure marinara sauce into a bowl with lemon juice. Stir well, cover and heat 2 minutes in the microwave. Set aside.

Yogurt Sauce

Place yogurt, garlic, chopped mint, lemon juice and olive oil in a bowl and stir until well blended. Set aside.

Ethiopian Salad

Combine all dressing ingredients in a large bowl and whisk. Add lettuce and tomatoes and toss well. Divide between two salad plates.

Plate Meal

Spoon about 1/2 C. Citrus Marinara Sauce onto two dinner plates. Cut sweet potato into four equal pieces and divide over the sauce. Divide potatoes, rutabagas and half of the onion over sauce as well. Spoon a little more Marinara Sauce over vegetables, leaving part of each piece with no sauce. Spoon a couple of dollops of Yogurt Sauce onto each plate and place African Chick'n strips over the yogurt sauce. Serve salad as a side.

What I've Learned from this Recipe

Although the meal is called African Chicken, the real featured items in this meal are the roasted vegetables. The chicken simply serves as accent flavor and texture on the plate. This style of cooking tends to be popular across the globe. It's a great way to create and present plant-based meals.

Let us know what you think and ask any questions you may have! chezdon@plate6.com

