



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mughal Foods

Mughal Foods is a local WA bakery, specialising in making Indian bread.

They use 100% Australian grown wheat flour and avoid using preservatives or artificial additives which are, unfortunately, common in commercial Indian bread.



B4

Chicken Tikka Tray Bake with Cocktail Naan Bread

A delicious one-tray bake with chicken, cherry tomatoes and red onion, all tossed with a yoghurt tikka marinade garnished with diced cucumber and served with fresh cocktail naan bread.



30 minutes



4 servings



Chicken

20 May 2022

Spice it up!

Garnish the dish with some fresh chopped coriander or green chilli. You can add some garlic to the yoghurt for some added flavour!

FROM YOUR BOX

RED ONION	1
CHERRY TOMATOES	1 bag (400g)
CHICKEN THIGH FILLETS	600g
TIKKA SPICE MIX	1 packet
TOMATO PASTE	1 sachet
NATURAL YOGHURT	2 tubs
LEBANESE CUCUMBERS	2
COCKTAIL NAAN BREAD	9-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

oven dish, oven tray or frypan

NOTES

You can halve or dice the chicken if preferred.

Tikka spice mix: ground cumin, ground ginger, garam masala, ground paprika and garlic granules.

No gluten option - cocktail naan bread is replaced with basmati rice. Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



1. PREPARE THE TRAY BAKE

Set oven to 220°C.

Wedge onion and halve tomatoes. Place in a lined oven dish with chicken (see notes).



2. ADD TIKKA SPICE & BAKE

Combine tikka spice mix with tomato paste, 1 tub yoghurt (170g), **1 tbsp oil, salt and pepper**. Add to tray bake and toss to coat. Bake in oven for 20 minutes or until chicken is cooked through.



3. PREPARE THE CUCUMBER

Dice cucumbers. Toss in a bowl with **1/2 tbsp vinegar** and **1 tbsp olive oil**. Set aside.



4. WARM THE NAAN BREAD

Warm cocktail naan bread in a dry frypan or place on a lined oven tray and bake for 5 minutes until toasty.



5. FINISH AND SERVE

Serve the chicken tray bake at the table along with cucumber, cocktail naan bread and remaining tub of yoghurt for dipping.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

