



Product Spotlight: Murgh Makhani

Murgh Makhani is the traditional name for what we know and love to be Butter Chicken! Butter Chicken originates from Delhi in North India and is relatively young; it was created in the 1950s!



Butter Chicken Skewers with Diced Salsa & Pappadums

Diced chicken breast marinated and cooked in a custom-blend spice mix, served share-style with sweet potato, salsa and crunchy pappadums.



35 minutes



2 servings



Chicken

Make a curry

Cook the chicken with spice mix and sweet potato in a frypan. Add a tin of coconut milk for a simple curry to serve over rice alongside pappadums, yoghurt and salsa!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	22g	44g

FROM YOUR BOX

SWEET POTATO	400g
LEMON	1
MURGH MAKHANI SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
DICED CHICKEN BREAST	300g
PAPPADUMS	1 packet
LEBANESE CUCUMBER	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, skewers (optional), white wine vinegar

KEY UTENSILS

oven tray, BBQ or frypan

NOTES

The spice mix is quite mild, for an extra kick, add a pinch of cayenne powder, ground chilli or dried chilli flakes.

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.

Murgh Makhani: ground cumin, ground paprika, garlic powder, ground turmeric, ground fenugreek, ground coriander, ground cardamom.



1. ROAST THE SWEET POTATO

Set oven to 220C.

Cut **sweet potato** into rounds (0.5cm thick). Arrange on a lined oven tray and drizzle with **oil**. Season with **salt and pepper**. Roast for 20-25 minutes or until golden and tender.



4. GRILL THE CHICKEN

Thread **chicken** onto **skewers** (optional). Heat a BBQ, frypan or grill pan over medium-high heat with **oil**. Cook **skewers** for 8-10 minutes until browned all over and cooked through.



2. MARINATE THE CHICKEN

Zest **lemon** and set aside for step 5.

Combine **spice mix**, **juice from 1/2 lemon** (wedge remaining), **1 tbsp yoghurt**, **salt and pepper** (see notes). Mix to combine and add **chicken** to coat.



5. PREPARE THE SALSA

Dice **cucumber** and **tomato**. Toss in a bowl with **2 tsp olive oil** and **2 tsp vinegar**. Add **reserved lemon zest** and **remaining yoghurt** to a bowl. Stir to combine, season with **salt and pepper**.



3. COOK THE PAPPADUMS

Cook the **pappadums** according to preferred method on the packet (see notes).



6. FINISH AND SERVE

Serve **butter chicken skewers** with **sweet potato**, **salsa**, **pappadums**, **yoghurt** and **lemon wedges** on a large platter.



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