

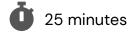




Butter Chicken Roti

with Diced Salsa

Diced chicken breast marinated and cooked in a custom-blend spice mix, served in warmed roti with fresh diced salsa and lemony yoghurt.







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!

PROTEIN TOTAL FAT CARBOHYDRATES 56g

FROM YOUR BOX

LEMON	1
MURGH MAKHANI SPICE MIX	1 packet
GREEK YOGHURT	1 tub
DICED CHICKEN BREAST	600g
ROTI	12-pack
LEBANESE CUCUMBERS	2
ТОМАТО	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan

NOTES

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

If desired, add marinated chicken to skewers and cook on the BBQ. You can warm the roti on the flat plate of your BBQ.

No gluten option – roti is replaced with glutenfree flatbread. Cut bread in half. Rub with oil and toast in oven at 200°C for 5 minutes, or on the BBQ for 2 minutes each side.

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



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1. MARINATE THE CHICKEN

Zest lemon and set aside for step 3. Juice 1/2 lemon (wedge remaining), add to a bowl along with spice mix, 1 tbsp yoghurt, salt and pepper (see notes). Mix to combine. Add chicken and coat in marinade.



2. WARM THE ROTI

Warm roti in a dry frypan over mediumhigh heat for 30 seconds on each side. Keep warm in a clean tea towel until serving. Reserve frypan for step 4.



3. PREPARE THE TOPPINGS

Dice cucumbers and tomato.

Add reserved lemon zest and remaining yoghurt to a bowl. Mix to combine.



4. COOK THE CHICKEN

Reheat frypan over medium-high heat with oil. Add chicken and cook for 8-10 minutes until browned all over and cooked through (see notes).



5. FINISH AND SERVE

Serve roti, toppings, yoghurt and chicken tableside with lemon wedges.

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