



### 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 & Papadums

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



35 minutes



4 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 papadums, yoghurt and salsa!*

Per serve: **PROTEIN** 39g **TOTAL FAT** 19g **CARBOHYDRATES** 64g

## FROM YOUR BOX

SWEET POTATO	800g
LEMON	1
MURGH MAKHANI SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
DICED CHICKEN BREAST	600g
PAPADUMS	1 packet
LEBANESE CUCUMBERS	2
TOMATOES	2

## 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 papadums 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 potatoes** 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 **cucumbers** and **tomatoes**. 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 PAPADUMS

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



### 6. FINISH AND SERVE

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



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