





# **Product Spotlight:** Murgh Makhani

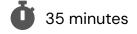
Murgh Makhani is the traditional name for what we know and love to be Butter Chicken! Butter Chicken originates from Delhi in North India and is relatively young; it was created in the 1950s!



# **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.







# 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!

PROTEIN TOTAL FAT CARBOHYDRATES

35g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	800g	1.2kg
LEMON	1	2
MURGH MAKHANI SPICE MIX	1 packet	2 packets
NATURAL YOGHURT	1 tub	2 tubs
DICED CHICKEN BREAST	600g	600g + 300g
PAPPADUMS	1 packet	1 packet
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3

### 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 potatoes into rounds (0.5cm thick). Arrange on a lined over tray and drizzle with oil. Season with salt and pepper. Roast for 20-25 minutes or until golden and tender.



# 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.

6P - Combine spice mix, juice from 1 lemon and 2 tbsp yoghurt with chicken.



# 3. COOK THE PAPPADUMS

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



# 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.



# 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.

6P - dress salsa with 1 tbsp olive oil and 1 tbsp vinegar.



# 6. FINISH AND SERVE

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

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



