

X4



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Coconut Chicken Traybake

A warming traybake of tender chicken and root vegetables roasted with coconut milk and curry seasoning of your choice.



35 minutes



4 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	1kg
CARROTS	2
TOMATOES	2
CHICKEN BREAST (SKIN ON)	600g
COCONUT MILK	165ml
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or curry paste

NOTES

How to flavour this dish –

Thai curry pastes such as red, green or massaman curry can be used. Add some kaffir lime leaves or lemon grass stalk if you have some.

For an Indian inspired dish, try a khorma, madras or tikka curry paste. Add some ginger slices or curry leaves for a boost of flavour.

You can substitute curry paste with curry powder such as garam masala, pre-made curry spice mix or a mix of turmeric and cumin for a milder flavour.

1. PREPARE THE TRAYBAKE

Set oven to 220°C. Dice **potatoes** and **carrots** (2–3cm). Wedge **tomatoes**. Transfer to a lined oven tray. Halve **chicken breast fillets** and add to tray.

TIP *You can add sliced onion or capsicum for extra flavour and bulk.*

2. MARINATE THE CHICKEN AND VEGETABLES.

Combine **2 tbsp curry powder or paste, coconut milk, salt and pepper (see tip)** in a small bowl. Pour over chicken and vegetables and toss to coat. Roast for 35–40 minutes or until chicken is cooked through and vegetables are tender.

TIP *We used 1 tbsp fish sauce instead of salt and pepper. A pinch of sugar or squeeze of lime juice can balance the richness. We used a red curry paste for this dish.*

3. PREPARE THE TOPPING

Deseed and dice or slice **cucumber**.

TIP *Add fresh coriander, sliced red chilli, toasted coconut or crushed peanuts if you have any.*

4. FINISH AND SERVE

Serve traybake at the table and garnish with cucumber topping.

TIP *You can serve this dish with steamed rice or flatbread if you'd like a heartier meal.*

This recipe has simplified instructions to help lower your meal cost.