

Easy Chicken Tikka Traybake

Takeaway taste without the rice, naan or sugary sauce.

Serves 2

Prep 10 min

Cook 25 min

plus marinating if you have time

9g
CARBS
PER SERVING

Includes the cucumber, salad and yoghurt to serve. Cauliflower rice adds about 7g.

You'll need

- ☐ 4 boneless chicken thighs (about 500g), cut into chunks
- ☐ 100g full-fat plain Greek yoghurt
- ☐ 2 tbsp tikka curry paste. Check the jar for low sugar
- ☐ Juice of half a lemon (about 1 tbsp)
- ☐ Half a red onion (about 75g), cut into chunks
- ☐ To serve: a chunk of cucumber (about 60g), a handful of salad leaves and 2 tbsp yoghurt

Method

- 1** In a bowl, mix the yoghurt, curry paste and lemon juice. Add the chicken and stir until it's all covered.
- 2** If you have time, cover it and leave in the fridge for an hour, or up to 24 hours. If not, carry on.
- 3** Turn the oven on to 220°C (200°C fan, gas 7).
- 4** Spread the chicken and onion on a lined baking tray so the pieces aren't touching.
- 5** Roast for 25 minutes until the edges are charred.
- 6** Check the biggest piece is cooked through (see Food safety below), then serve with cucumber, salad and a spoon of yoghurt.

TIP

Lining the tray with foil or baking paper saves a lot of scrubbing.

SWAPS

Chicken breast chunks work too and cook in about the same time. Check them the same way.

STORING IT

Cool, cover and keep in the fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

Cook the chicken and onion in a single layer at 200°C for 15 to 18 minutes, shaking halfway. Do two batches if needed. Check the biggest piece is cooked through.

FOOD SAFETY

Chicken must be cooked all the way through. Cut into the thickest piece: it should be steaming hot, with no pink meat, and the juices should run clear. With a food thermometer, the middle should reach 75°C. Use a separate board (red) and wash your hands after touching raw chicken.