

MIXED SPICE CHICKEN THIGHS



QUICK

Less than 5 mins
prep time
15 mins start to
finish

HEALTHY

The curcumin in turmeric
has anti-inflammatory
properties.

FAMILY

Feeds 5
(2 thighs each)

MEALS

Serve with brown rice or
cous cous and steamed
green vegetables or
salad

INGREDIENTS

- 10 skinned and boneless chicken thighs

1 tsp each of:-

- Salt,
- Garam masala
- Cinnamon
- Turmeric
- Ground cumin
- Ground paprika
- Ground coriander

Optional

- 1 tsp ground cayenne if you like it hot
- Chopped parsley/coriander to sprinkle

METHOD

- 1) Heat the oven to 180°C (Fan)
- 2) In a large, ovenproof dish, mix all of the spices together
- 3) Add the thighs and mix well
- 4) Cook for 20-25 mins
- 5) Sprinkle with chopped herbs
- 6) Serve and enjoy



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com