

## Chicken Tikka (in 15 minutes)

**Makes:** 4 Servings

### Ingredients

8 chicken thighs – skinless & boneless (650g approx.)  
3 tbsp tandoori spice mix or curry powder  
3 tbsp coconut oil/sunflower oil  
550g mushrooms – stalks removed  
4 green/red peppers – cut into quarters then into chunks  
4 tbsp chopped fresh coriander  
Lemon wedges, to garnish



### Instructions

- Spice the chicken:** Preheat the grill to high. Put the chicken in a large, shallow ovenproof dish or grill pan, keeping the pieces close together in the middle. Sprinkle the spice mix/curry powder over the chicken. Drizzle 1 tbsp oil over and then use a spoon and fork to turn the chicken pieces over several times to coat them evenly in the spice and oil.
- Cook the chicken and vegetables:** Grill the chicken, skinned side up, for 5 minutes, then turn over. Add the mushrooms, grill side down, and the peppers, skin side up. Brush the vegetables lightly with 1 tbsp. oil. Grill for 5 minutes or until lightly browned. Turn the chicken and vegetables over. Brush the remaining oil over the vegetables and cook for a further 4-5 minutes.
- Serve:** Transfer the chicken and vegetables onto plates, spooning all the cooking juices over them. Sprinkle with the coriander. Garnish with lemon wedges and serve.

### Nutrition information: perserving

Kcal 356  
Fat 5g saturated  
Carbs 5.5g  
Protein 36g