

CHICKEN TRAYBAKE



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Serves 4

Ingredients

2 tablespoons Thai red curry paste
2.5cm ginger, finely chopped
2 tablespoons coconut milk
2 tablespoons olive oil
Juice of ½ lime
1kg chicken thighs on bones, skinless
½ courgette (about 150g), halved and sliced in to 1cm thick
125g cherry tomatoes
1 red onion, cut in to 8

Heat oven to 200C/180C fan/gas 6.

In a bowl, mix together the paste, ginger, coconut milk and olive oil. Stir in the lime juice and season to taste. Score the chicken thighs and smear over the paste. Transfer to a baking tray and set aside for 10 minutes to marinate. Coat the courgette, tomatoes and onion in the remaining marinade in the bowl.

Bake the chicken in the oven for 20 minutes then take it out, baste the chicken with the juice. Next scatter the courgette, tomatoes and onion on the tray and in between the chicken thighs. Bake for another 20 minutes until chicken is cooked through. Serve with rice or salad.

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