

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

Leave out the cayenne if
younger children prefer
it less hot/spicy

INGREDIENTS

- 10 chicken thighs

1 tsp each of:-

- Salt,
- Garam masala
- Cinnamon
- Turmeric
- Ground cumin
- Ground paprika
- Ground cayenne
- Chopped parsley/coriander to sprinkle – optional

METHOD

1. In a bowl, mix all of the spices together
2. Add the thighs and mix well
3. Heat 1-2 tbs oil in a large frying pan
4. Lay the thighs in a single layer and sauté till cooked through
5. 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