

Recipe of the Month



Thai Red Chicken and Squash Traybake Recipe



Ingredients

- 1kg butternut squash or pumpkin
- 4 free range boneless chicken breasts
- 1 heaped tbsp red Thai curry paste
- 1 400g tin of coconut milk
- 1 bunch of spring onions
- 1 bunch of fresh coriander (30g)
- 2 limes
- 150g sugar snap peas

Method

- Preheat oven to gas 6, 200° C, fan 180° C.
- Carefully quarter the squash lengthways, deseed and cut into 3cm chunks then tip into a large roasting tray, along with the chicken breasts.
- Season lightly with sea salt, add the Thai curry paste then give everything a good mix and roast for 45 minutes or until golden and cooked through.
- Remove the tray from the oven and pour in the coconut milk.
- Trim and finely chop the spring onions and half the coriander (stalks and all) and add to the tray. Give everything a good mix, then roast for a further 15 minutes.
- Slice the sugar snap peas in half lengthways and add to the tray for the last 2 minutes.
- Scatter the remaining coriander over the traybake.
- Slice the remaining lime into wedges for squeezing over, then serve with brown basmati rice.