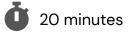


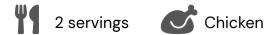


Chicken Tikka Rice Bowl

An Indian-inspired bowl of sunshine! Diced chicken breast cooked with our homemade tikka spice blend, served in a bowl with coconut rice, fresh mango, cucumber and avocado.







Switch it up!

You can add the coconut milk to cook with the chicken instead of making coconut rice if preferred!

TOTAL FAT CARBOHYDRATES 84g

FROM YOUR BOX

BASMATI RICE	150g
COCONUT MILK	165ml
AVOCADO	1
MANGO	1
LEBANESE CUCUMBER	1
DICED CHICKEN BREAST	300g
TIKKA SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, saucepan with lid

NOTES

You can use melted coconut oil to cook the chicken for extra fragrance if you have some.



1. COOK THE COCONUT RICE

Place rice, coconut milk, 1 cup water and salt in a saucepan. Bring to a boil. Cover with lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE TOPPINGS

Slice or dice avocado, mango and cucumber. Set aside.



3. COOK THE CHICKEN

Coat chicken with tikka spice mix, 1 tbsp oil, salt and pepper (see notes). Cook in a frypan over medium-high heat for 6-8 minutes until cooked through.



4. FINISH AND SERVE

Divide the rice, chicken and toppings among bowls.



