



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Coconut milk


Coconut milk is the liquid that comes from blending the coconut flesh with water. It gives a great background flavour to the rice in this dish.



B4 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.

 20 minutes

 4 servings

 Chicken

25 November 2022

Switch it up!

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

Per serve: **PROTEIN** 58g **TOTAL FAT** 28g **CARBOHYDRATES** 73g

FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	165ml
AVOCADO	1
MANGO	1
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet
DICED CHICKEN BREAST	600g
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, **300ml 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 with alfalfa sprouts.



3. COOK THE CHICKEN

Coat chicken with tikka spice mix, **2 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

