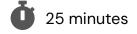






Indian Chicken Rice Bowl

Flavourful curried chicken, served in a quick and easy bowl with fragrant basmati rice, fresh lettuce, tomato and cucumber, and Greek yoghurt to dollop on!





2 servings



Instead of shredding the lettuce, turn this dish into lettuce cups! Separate and rinse lettuce leaves. Spoon in rice and chicken, top with tomato and cucumber and serve with yoghurt and lemon wedges.

PROTEIN TOTAL FAT CARBOHYDRATES 38g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CHICKEN MINCE	300g
CURRY PASTE	1 sachet
ТОМАТО	1
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
LEMON	1
GREEK YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Before shredding, separate lettuce leaves and





1. COOK THE RICE

Place rice in a saucepan, cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. BROWN THE CHICKEN

Slice onion. Heat a large frypan over medium-high heat with oil. Add onion and sauté for 2 minutes. Add chicken mince and cook, using the back of a cooking spoon to break up. Cook for 4-6 minutes until mince is browned.



3. ADD THE CURRY PASTE

Add curry paste and 1/2 cup water to frypan. Stir to combine. Simmer for 5 minutes.



4. PREPARE THE TOPPINGS

Dice tomato and cucumber. Thinly shred lettuce (see notes).

Add lemon zest (reserve remaining lemon), salt and pepper to yoghurt.



5. STIR THROUGH YOGHURT

Remove chicken from heat. Add 1 tbsp yoghurt (see notes), juice from 1/2 lemon (wedge remaining lemon) and season with salt and pepper. Stir to combine



6. FINISH AND SERVE

Divide rice among bowls. Add chicken and toppings. Serve with yoghurt.



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 0448 042 515 or send an email to hello@dinnertwist.com.au



