DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tomato

Did you know tomatoes come in many colours, from yellow to purple with plenty of shades in between, and even stripy ones. Tomato seedlings have even been grown in space!

Indian Chicken Rice Bowl

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

25 minutes | 2 servings | Chicken

Make lettuce cups!

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	18g	80g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CHICKEN MINCE	300g
KHORMA CURRY PASTE	1 sachet
TOMATO	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 rinse well to remove any hidden sand.

Substitute yoghurt with butter and cream for an extra creamy finish.

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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**.

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