



### Product Spotlight: Tomato

Did you know that tomatoes come in many different colours, from yellow to purple and many shades in between!

There are even stripy ones! Tomato seedlings have been grown in space.



## 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!



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
	29g	23g	83g



## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CHICKEN MINCE	300g
CURRY PASTE	1 sachet
TOMATO	1
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
LEMON	1
GREEK YOGHURT	170g

## 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.



### 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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