



Product Spotlight: Basmati Rice

Basmati rice is a small but long-grained, aromatic rice ('basmati' means fragrant). It is of Southeast Asian origin and has been cultivated for over 8000 years.



Tandoori Chicken

with Raita

Oven baked chicken schnitzels using the flavourful Island Curries' Tandoori chicken paste, served on yellow rice with a yoghurt raita on the side.



25 minutes



2 servings



Chicken

Spice it up!

You can serve this dish with some mango chutney, papadums or naan bread if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	15g	92g

FROM YOUR BOX

BASMATI RICE	150g
TANDOORI PASTE	1 sachet
NATURAL YOGHURT	1 tub
CHICKEN SCHNITZELS	300g
LEBANESE CUCUMBER	1
TOMATO	1
MINT	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

KEY UTENSILS

oven dish, saucepan with lid

NOTES

You can add some lemon zest to the chicken for added flavour!

Add some crushed garlic to the raita if you have some.



1. COOK THE RICE

Set oven to 220°C.

Place rice, **1/8 tsp turmeric** and a pinch of **salt** in a saucepan. Cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. BAKE THE CHICKEN

Combine tandoori paste with 2 tbsp yoghurt in a lined oven dish. Add chicken schnitzels and toss to coat (see notes). Bake in oven for 15-20 minutes or until cooked through.



3. PREPARE THE RAITA

Dice cucumber and tomato. Thinly slice mint leaves. Stir in remaining yoghurt and season with **pepper** (see notes).



4. FINISH AND SERVE

Slice chicken and serve with rice and side of raita.



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