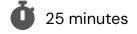






Indian Chicken Rice Bowl

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!





4 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 26g

75g

FROM YOUR BOX

| BASMATI RICE | 300g |
|-------------------|-----------|
| CHICKEN MINCE | 600g |
| BROWN ONION | 1 |
| CURRY PASTE | 2 sachets |
| TOMATOES | 2 |
| LEBANESE CUCUMBER | 1 |
| BABY COS LETTUCE | 1 |
| GREEK YOGHURT | 170g |
| LEMON | 1 |
| | |

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 600ml 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 6-8 minutes until mince is browned.



3. ADD THE CURRY PASTE

Add curry paste and 1 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), 1 tbsp water, salt and pepper to yoghurt



5. STIR THROUGH YOGHURT

Remove chicken from heat. Add 11/2 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 0481 072 599 or send an email to hello@dinnertwist.com.au



