



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



4 servings



Chicken

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	20g	69g

FROM YOUR BOX

BASMATI RICE	300g
TANDOORI PASTE	2 sachets
NATURAL YOGHURT	1 tub
CHICKEN SCHNITZELS	600g
LEBANESE CUCUMBERS	2
TOMATOES	2
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**, **1/4 tsp turmeric** and a pinch of **salt** in a saucepan. Cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to medium-low 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 **cucumbers** and **tomatoes**. Thinly slice **mint** leaves. Stir in remaining **yoghurt** and season with **pepper** (see notes).



4. FINISH AND SERVE

Slice **chicken** (optional) and serve with **rice** and a side of **raita**.



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