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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 | 4/6 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
	41g	16g	78g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CHICKEN MINCE	600g	600g + 300g
BROWN ONION	1	1
KHORMA CURRY PASTE	2 sachets	2 sachets
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
BABY COS LETTUCE	1	2
LEMON	1	2
GREEK YOGHURT	1 tub	2 tubs

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 **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.

6P - 900ml water



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

6P - 1 1/2 cup water



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.**

6P - 1 1/2 tbsp water



5. STIR THROUGH YOGHURT

Remove **chicken** from heat. Add **1 1/2 tbsp yoghurt** (see notes), **juice from 1/2 lemon** (wedge remaining lemon) and season with **salt and pepper**. Stir to combine.

6P - 2 tbsp yoghurt, juice from 1 lemon



6. FINISH AND SERVE

Divide **rice** among bowls. Add **chicken** and **toppings**. Serve with **yoghurt.**

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