



Product Spotlight: Island Curries

Island Curries make quality curry pastes using the best ingredients. Based in Tasmania, their products are full of flavour, gluten and allergen-free, with no added preservatives.



Butter Chicken Skewers

with Coriander Rice

Grilled butter chicken and vegetable skewers served over brown basmati rice flavoured with coriander and ground turmeric and finished with tomato raita.



30 minutes



2 servings



Chicken

22 September 2023

Switch it up!

Use the chicken, vegetables and curry paste to make a curry! Cook with coconut milk for a creamy finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	27g	87g

FROM YOUR BOX

BROWN BASMATI RICE	150g
BUTTER CHICKEN CURRY PASTE	1 sachet
NATURAL YOGHURT	1 tub
DICED CHICKEN BREAST	300g
RED ONION	1
GREEN CAPSICUM	1
TOMATO	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, skewers, white wine vinegar

KEY UTENSILS

saucepan, griddle pan

NOTES

Cook the skewers on the BBQ or roast them in the oven if desired.



1. COOK THE RICE

Place rice in a saucepan along with **1 tsp turmeric**. 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. PREPARE CHICKEN SKEWERS

Add curry paste to a bowl along with 1 tsp yoghurt and chicken. Season with **salt and pepper**. Mix well.

Cut onion and capsicum into evenly sized square pieces. Thread vegetables and chicken onto **skewers**.



3. COOK THE SKEWERS

Heat a griddle pan (see notes) over medium-high heat with **oil**. Add skewers and cook for 8-10 minutes each side until chicken is cooked through.



4. MAKE THE TOMATO RAITA

Dice tomatoes. Add to a bowl along with remaining yoghurt, **1 tsp vinegar, salt and pepper**. Mix to combine.



5. TOSS THE RICE

Finely chop the coriander (including stems). Add to rice and toss to combine.



6. FINISH AND SERVE

Divide rice among bowls. Serve with skewers and tomato raita.



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