



### Product Spotlight: Tomatoes

Did you know tomatoes are classified as an everyday super fruit? Naturally high in lycopene, they help protect your DNA from damage, which in turn, helps prevent various cancers.



## F2 Tandoori Chicken Tenders with Dhal

Heart-warming and delicious tandoori flavoured red lentil dhal, served with tandoori chicken tenders and fresh sprouts.

 30 minutes

 2 servings

 Chicken

13 May 2022

## Bulk it up!

*If you need extra servings, you can add some cooked rice, naan or roti, or a fresh chopped salad.*

Per serve: **PROTEIN** 58g **TOTAL FAT** 39g **CARBOHYDRATES** 38g

## FROM YOUR BOX

BROWN ONION	1
TANDOORI PASTE	1 sachet
TOMATO	1
ZUCCHINI	1
RED LENTILS	1 packet (100g)
TINNED COCONUT MILK	400ml
CHICKEN TENDERLOINS	300g
SNOW PEA SPROUTS	1 punnet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers (optional)

## KEY UTENSILS

2 frypans

## NOTES

If you want to reduce the spice level, you can mix the tandoori paste with some yoghurt before using it to coat the chicken.

Alternatively, you can cook your chicken on the BBQ or on a griddle pan.



### 1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion and add to pan as you go along with 1/2 sachet tandoori paste. Sauté for 2 minutes. Dice tomato and zucchini. Add to pan and sauté for a further 2 minutes.



### 2. SIMMER THE DHAL

Pour lentils and coconut milk into pan along with **1/2 tin water**. Simmer, covered, for 13-15 minutes until lentils are tender. Season with **salt and pepper**.



### 3. PREPARE THE CHICKEN

Coat chicken tenderloins (see notes) in remaining tandoori paste, **salt and pepper**.

Optional: thread tenderloins onto **skewers**.



### 4. COOK THE CHICKEN

Heat a second frypan (see notes) over medium-high heat with **oil**. Add chicken to pan and cook for 4-5 minutes each side until cooked through.



### 5. FINISH AND SERVE

Divide dhal among shallow bowls. Serve with chicken and fresh snow pea sprouts.

**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](mailto:hello@dinnertwist.com.au)

