



Product Spotlight: Tomato Chutney

Tomato chutney is packed with warm Indian flavours. The one in your box is from Perth-local Turban Chopsticks, it's not spicy, and is great as a dipping sauce, in sandwiches, as a marinade, or tossed with potatoes or pasta.



3 Indian Style Grilled Chicken

An Indian-style feast, ready in no time! Fragrant tomato chutney chicken thighs, homemade cucumber-mint raita and a crisp apple-snow pea salad.

 35 minutes

 2 servings

 Chicken

28 September 2020

Roast it

For a less hands-on approach, you can roast the chicken and some veggies instead. Toss chicken with oil and chutney as per step 2, then roast in a 220°C oven for 20-25 minutes or until cooked through. Add the wedged tomato, chopped carrot and trimmed snow peas (tossed in a little oil, salt and pepper) for the last 15 minutes.

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN THIGH FILLETS	300g
TOMATO CHUTNEY	1/2 jar *
CONTINENTAL CUCUMBER	1/3 *
MINT	1/2 bunch *
NATURAL YOGHURT	1 tub (200g)
TOMATO	1
RED APPLE	1
CARROT	1
SNOW PEAS	1/2 bag (75g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil/butter (for cooking), salt, pepper, red wine vinegar

KEY UTENSILS

fry/griddle pan, saucepan

NOTES

Use rice tub to easily measure the right amount of water.

If grating the cucumber, you can place it in a clean kitchen towel to squeeze out excess water before mixing with yoghurt and mint. You can also add grated apple or carrot to the raita instead of the salad.

To bulk up the meal, add papadums or naan bread to serve.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. MARINATE THE CHICKEN

Halve the chicken thighs and rub with 1 tbsp chutney and **1/2 tbsp oil**. Keep aside.



3. MAKE THE RAITA

Grate (or dice) the cucumber (see notes), chop the mint. Mix with yoghurt, **1 tbsp olive oil, salt and pepper**.



4. COOK THE CHICKEN

Heat a fry/griddle pan with **oil** over medium–high heat. Cook the chicken for 6–9 minutes each side or until cooked through.



5. MAKE THE SALAD

Wedge tomato, dice apple, julienne carrot and slice snow peas. Toss with **1/2 tbsp olive oil, 1/4 tbsp vinegar, salt and pepper**.



6. FINISH AND PLATE

Take all the components, along with any spare chutney, to the table for everyone to help themselves.

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**

