



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Turban Chopsticks Tomato Chutney

This Australia-made Indian-style chutney boasts a sweet, salty flavour with notes of warming spices. But don't worry, it's not too hot!



## 3 Mild Indian Chicken with Tomato Salad

Fragrant tomato chutney chicken & sweet potato traybake served over brown rice alongside a fresh tomato salad.

 30 minutes

 2 servings

 Chicken

8 February 2021

### *Separate salad*

*If preferred, serve the salad components separate as tomato wedges & cucumber sticks. Then slice and sprinkle mint onto your plates to serve.*

## FROM YOUR BOX

BROWN RICE	150g
SHALLOT	1
SWEET POTATOES	250g
DICED CHICKEN THIGHS	300g
TOMATO CHUTNEY	1 jar (190ml)
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
MINT	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, red wine vinegar

## KEY UTENSILS

saucepan, oven tray

## NOTES

You can mix remaining chutney with a few tablespoons of natural yoghurt to make the flavour a little milder.



### 1. COOK THE BROWN RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



### 2. MAKE THE TRAYBAKE

Slice shallot and chop sweet potatoes. Toss on a lined oven tray with chicken, 2 **tsp oil** and 3 **tbsp chutney**. Roast for 20–25 minutes or until chicken is cooked through and vegetables are tender.



### 3. MAKE THE SALAD

Dice tomatoes and cucumber, slice mint. Mix together in a bowl with 1 **tbsp olive oil** and 1/2 **tbsp vinegar**. Season with **salt and pepper**.



### 4. FINISH AND PLATE

Serve chicken and vegetables on rice accompanied by tomato salad. Serve remaining chutney on the side (see notes).

**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)

