



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

 4 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	300g
BROWN ONION	1
SWEET POTATOES	500g
DICED CHICKEN THIGHS	600g
TOMATO CHUTNEY	1 jar (190ml)
TOMATOES	3
CONTINENTAL CUCUMBER	1/2 *
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, cumin (optional, see notes), red wine vinegar

KEY UTENSILS

saucepan, oven tray

NOTES

You can leave out the cumin if preferred, or even substitute with ground paprika or coriander.

You can mix remaining chutney with a few tablespoons of natural yoghurt to stretch it out and 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 onion and chop sweet potatoes. Toss on a lined oven tray with chicken, **1 tbsp oil**, **2 tsp cumin** and **1/2** the 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 **2 tbsp olive oil** and **1 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

