



Product Spotlight: Coconut Milk

Coconut milk is the liquid that comes from blending the coconut flesh with water. It gives a great background flavour to the rice in this dish.



Chicken Tikka Rice Bowl

An Indian-inspired bowl of sunshine! Diced chicken breast cooked with our homemade tikka spice blend and served in a bowl with coconut rice, fresh mango, cucumber and avocado.



20 minutes



2 servings



Chicken

Switch it up!

You can add the coconut milk to cook with the chicken instead of making coconut rice if preferred!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 59g | 42g | 84g |

FROM YOUR BOX

| | |
|----------------------|----------|
| BASMATI RICE | 150g |
| COCONUT MILK | 165ml |
| AVOCADO | 1 |
| MANGO | 1 |
| LEBANESE CUCUMBER | 1 |
| DICED CHICKEN BREAST | 300g |
| TIKKA SPICE MIX | 1 packet |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, saucepan with lid

NOTES

You can use melted coconut oil to cook the chicken for extra fragrance if you have some.

Tikka Spice Mix: garlic granules, ground cumin, ground ginger, garam masala, ground paprika.



1. COOK THE COCONUT RICE

Place **rice**, **coconut milk**, **1 cup water** and **salt** in a saucepan. Bring to a boil. Cover with 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 THE TOPPINGS

Slice or dice **avocado**, **mango** and **cucumber**. Set aside.



3. COOK THE CHICKEN

Coat **chicken** with **tikka spice mix**, **1 tbsp oil**, **salt** and **pepper** (see notes). Cook in a frypan over medium-high heat for 6–8 minutes until cooked through.



4. FINISH AND SERVE

Divide the rice, chicken and toppings among bowls.



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