



**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



4 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
	58g	28g	73g

## FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	165ml
AVOCADO	1
MANGO	1
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet
DICED CHICKEN BREAST	600g
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**, **300ml 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 with **alfalfa sprouts**.



### 3. COOK THE CHICKEN

Coat **chicken** with **tikka spice mix**, **2 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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