



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
  4/6 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
	36g	29g	45g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
COCONUT MILK	165ml	2 x 165ml
AVOCADO	1	2
MANGO	1	2
LEBANESE CUCUMBER	1	2
ALFALFA SPROUTS	1 punnet	1 punnet
DICED CHICKEN BREAST	600g	600g + 300g
TIKKA SPICE MIX	1 packet	2 packets

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.



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1. COOK THE COCONUT RICE

Add **rice, coconut milk, 2 cups water** and **salt** to a saucepan. Bring to a boil, cover and simmer on low for 10–15 mins. Remove from heat, stand 5 mins, then fluff with a fork.

6P – Place **rice, coconut milk, 3 cups water and salt** in a saucepan.



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.

6P – Coat **chicken** with **tikka spice mix, 3 tbsp oil, salt and pepper**.



4. FINISH AND SERVE

Divide **coconut rice, chicken** and **toppings** among bowls.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

