



Product Spotlight: White Quinoa

Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.



Chicken Tikka Bowls

with Mint Sauce and Quinoa

Spiced chicken breast, crispy cucumber, nutritious alfalfa sprouts and briny pickled onions served on a bed of fluffy quinoa with a drizzle of coconut mint sauce over the top.



30 minutes



2 servings



Chicken

Make a Curry!

Make a quick curry using the chicken, red onion and spice mix instead! Pour in coconut milk and 1 tin water. Simmer for 10 minutes and serve over quinoa topped with mint and cucumber.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	17g	54g

FROM YOUR BOX

WHITE QUINOA	100g
RED ONION	1
MINT	60g
COCONUT MILK	165ml
CHICKEN STIR-FRY STRIPS	300g
CHICKEN TIKKA SPICE MIX	1 packet
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar (of choice), soy sauce

KEY UTENSILS

saucepan, frypan, stick mixer or small blender

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Chicken tikka spice mix: garlic granules, ground cumin, ground ginger, garam masala, ground paprika.



1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



2. PICKLE THE ONION

In a non-metallic bowl (see notes), whisk together **3 tbsp vinegar**, **1 1/2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice and add **1/2 red onion** to pickle. Set aside.



3. MAKE THE SAUCE

Roughly chop **mint** leaves (reserve some for garnish). Blend together with **coconut milk**, **1/2 tbsp vinegar** and **1/2 tbsp soy sauce** using a stick mixer or small blender. Set aside.



4. COOK THE CHICKEN

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



5. PREPARE THE FRESH SALAD

Slice or dice **cucumber**. Set aside with **alfalfa sprouts**.



6. FINISH AND SERVE

Serve chicken, cucumber, sprouts and pickled red onion over quinoa. Drizzle over mint sauce to taste.



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