



### 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** 31g **TOTAL FAT** 21g **CARBOHYDRATES** 20g

## 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 punnet

## 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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