

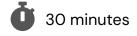


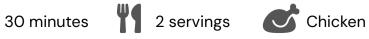


# **Indian Chicken Skewers**

# with Dhal

Heart-warming and delicious Indian flavoured red lentil dhal, served with spiced chicken skewers and fresh sprouts.







# Bulk it up!

If you need extra servings, you can add some cooked rice, naan or roti, or a fresh chopped salad.

PROTEIN TOTAL FAT CARBOHYDRATES

58g 39g

38g

#### FROM YOUR BOX

BROWN ONION	1
INDIAN SPICE PASTE	1 sachet
томато	1
ZUCCHINI	1
RED LENTILS	100g
TINNED COCONUT MILK	400ml
CHICKEN SCHNITZELS	300g
SNOW PEA SPROUTS	1 punnet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers

#### **KEY UTENSILS**

2 frypans

#### **NOTES**

If you want to reduce the spice level, you can mix the paste with some yoghurt before using it to coat the chicken.

Alternatively, you can cook the chicken on a BBQ or a griddle pan.



# 1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice **onion** and add to pan as you go along with 1/2 sachet **spice paste**. Sauté for 2 minutes. Dice **tomato** and **zucchini**. Add to pan and sauté for a further 2 minutes.



#### 2. SIMMER THE DHAL

Pour **lentils** and **coconut milk** into pan along with **1/2 tin water**. Simmer, covered, for 13–15 minutes until lentils are tender. Season with **salt and pepper**.



#### 3. PREPARE THE CHICKEN

Cut **chicken** into strips and coat (see notes) with remaining spice paste, **salt and pepper**.

Optional: thread schnitzels onto skewers.



# 4. COOK THE CHICKEN

Heat a second frypan (see notes) over medium-high heat with **oil**. Add chicken to pan and cook for 4-5 minutes each side until cooked through.



# 5. FINISH AND SERVE

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 0481 072 599 or send an email to hello@dinnertwist.com.au

Divide dhal among shallow bowls. Serve with chicken and fresh **snow pea sprouts.** 





