



Product Spotlight: Tomatoes

Did you know tomatoes are classified as an everyday super fruit? Naturally high in lycopene, they may protect your DNA from damage, which in turn, helps prevent various cancers.



Indian Chicken Skewers with Dhal

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



30 minutes



2 servings



Chicken

Bulk it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	39g	38g

FROM YOUR BOX

BROWN ONION	1
INDIAN SPICE PASTE	1 sachet
TOMATO	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.



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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.



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.



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**.



5. FINISH AND SERVE

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



3. PREPARE THE CHICKEN

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

Optional: thread schnitzels onto **skewers**.

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**

