



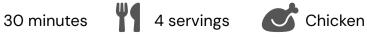


Chicken Tikka Bowls

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.







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 minuets and serve over quinoa topped with mint and cucumber.

TOTAL FAT CARBOHYDRATES

45g

FROM YOUR BOX

WHITE QUINOA	200g
RED ONION	1
MINT	60g
COCONUT MILK	165ml
CHICKEN STIR-FRY STRIPS	600g
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, 11/2 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, 2 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.





