DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Sweet Potato**

Sweet potatoes originated more than 5000 years ago and aren't only orange; they can be cream, yellow, pink and purple too!

Slow Cook Chicken Tikka Masala

with Kachumber Salad

Tasty chicken tikka masala curry, cooked for hours in your slow cooker and the perfect meal to enjoy at the end of the day. Served over basmati rice topped with a simple Kachumber salad.

🕑 15 minutes + 4-6 hours slow cook   🍗 Chicken   🍴 2 servings

Cook it faster!

You can cook this curry on the stove top instead if you prefer! Add a full tin of coconut milk, or chopped tomatoes to increase the liquid. Simmer for 15 minutes until chicken is cooked through.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	49g	15g	144g

FROM YOUR BOX

RED ONION	1
COCONUT MILK	165ml
SLOW COOK TIKKA SPICE MIX	1 packet
TOMATO PASTE	2 sachets
SWEET POTATO	500g
CHICKEN THIGH FILLETS	300g
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
BASMATI RICE	150g
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

slow cooker, saucepan

NOTES

Due to the shortage of cauliflower at present, we have replaced it with sweet potato.

Slow Cook Tikka Spice Mix: garam masala, ground turmeric, ground ginger, ground cumin, salt flakes, chilli flakes and garlic granules

1. MAKE THE BASE

Chop 3/4 red onion and combine in the bowl of your slow cooker with coconut milk, **1/2 tin water**, spice mix and tomato paste.

2. ADD THE CHICKEN & COOK

Cut sweet potato into chunks (3cm) and add to sauce along with chicken, turn to coat well. Cover and cook on low for 6–7 hours or on high for roughly 4 hours.

3. PREPARE THE SALAD

Dice cucumbers and quarter tomatoes. Thinly slice reserved red onion and toss in a bowl with **1 tbsp olive oil, and 1/2 tbsp vinegar, salt and pepper.**

4. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

5. FINISH AND SERVE

Adjust seasoning with **salt and pepper**.

Serve chicken tikka masala over rice with Kachumber salad and a dollop of yoghurt.