



Product Spotlight: Cauliflower

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



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



4 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:	42g	11g	82g

FROM YOUR BOX

RED ONION	1
COCONUT MILK	165ml
SLOW COOK TIKKA SPICE MIX	1 packet
TOMATO PASTE	2 sachets
CAULIFLOWER	1/2
CHICKEN THIGH FILLETS	600g
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	200g
BASMATI RICE	300g
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

slow cooker, saucepan

NOTES

Replace the cauliflower for other veggies if you prefer such as sweet potatoes, tomatoes or zucchini!

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 **cauliflower** into large florets 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

Once ready, break up cauliflower to smaller florets using your spatula. Adjust seasoning with **salt** and **pepper**.

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



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