



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SATVIK FOODS

Satvik Foods was founded by three women, all passionate about pure healthy foods. The products are consciously prepared to nourish mind, body and soul, using Australian grown grains and a unique Auryvedic blended spice mix.



2. ROYAL BIRYANI RICE

WITH CHICKEN & PAPADUMS

 20 Minutes

 2 Servings

Flavoursome biryani rice from Satvik foods served with grilled chicken tenderloins, crispy papadums and a dollop of yoghurt.

FROM YOUR BOX

RED ONION	1/2 *
RED CAPSICUM	1/2 *
ZUCCHINI	1/2 *
BIRYANI RICE KIT	1 packet
CHICKEN TENDERLOINS	300g
PAPADUMS	1 packet
LEBANESE CUCUMBER	1
MINT	1 bunch
NATURAL YOGHURT	1 tub (200g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

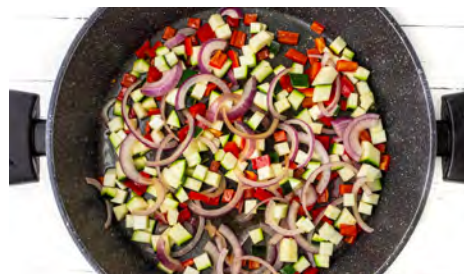
oil (for cooking), salt and pepper, ground turmeric and cumin

KEY UTENSILS

large pan with lid, grill or frypan

NOTES

The spices in this biryani kit are delicate and mild. If you prefer extra spice we recommend adding ground cumin, turmeric or curry powder.



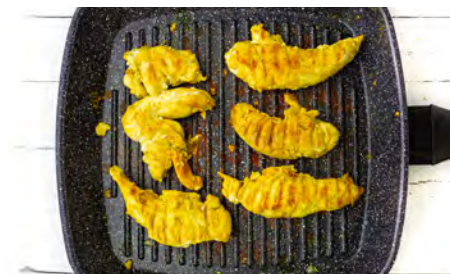
1. SAUTÉ THE VEGETABLES

Heat a large frypan with **oil** over medium-high heat. Slice onion, dice capsicum and zucchini, add to pan as you go.



2. ADD THE RICE KIT & SIMMER

Add contents of the rice kit. Cook for 3-4 minutes, stirring, until fragrant (see notes). Pour in **2 cups water**. Cover and simmer for 10-15 minutes.



3. GRILL THE CHICKEN

Heat a grill or frypan over medium-high heat. Toss chicken tenderloins with **1/2 tsp turmeric, 1/2 tsp cumin, salt and pepper**. Add to pan and cook for 3-4 minutes on each side or until cooked through.



4. COOK THE PAPADUMS

Cook papadums according to packet instructions.



5. PREPARE FRESH TOPPINGS

Slice cucumber and pick mint leaves.



6. FINISH AND PLATE

Season rice with **salt and pepper** to taste.

Serve in bowls topped with chicken, cucumber, mint and a dollop of yoghurt alongside the papadums.