

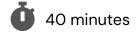


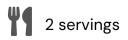


Chargrilled Chicken Chops

with Fresh Lime Sambal

Juicy tikka-spiced chicken chops, chargrilled and served with yellow rice, crisp cucumber salad, and a zesty fresh mint sambal.







Serving a few more?

You can prep ahead by marinating the chicken over night or making the sambal earlier. Add some extras to the platter such as naan bread, papadums, yoghurt sauce or other vegetables for grilling to make a complete feast!

FROM YOUR BOX

| CHICKEN CHOPS | 4-pack |
|-------------------|---------|
| TIKKA SPICE MIX | 8g |
| BASMATI RICE | 150g |
| MINT | 1 bunch |
| RED CHILLI | 1 |
| SHALLOT | 1 |
| LIME | 1 |
| GEM LETTUCE | 3-pack |
| LEBANESE CUCUMBER | 1 |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, red wine vinegar

KEY UTENSILS

saucepan with lid, griddle pan or BBQ

NOTES

Slash the chicken to the bone to reduce cook time.

Red wine vinegar can be substituted with apple cider and rice wine vinegar or more lime juice if you have some.

Tikka spice mix: garlic granules, ground cumin, ginger, paprika and garam masala.





1. GRILL THE CHICKEN

Coat chicken with tikka spice mix, oil and salt (see notes). Heat a griddle or BBQ over medium-high heat. Cook for 8-10 minutes each side, or until cooked through (continue at step 2 while chicken is cooking).



2. COOK THE RICE

Add **rice** to a saucepan with **300ml water**, **1/4 tsp ground turmeric** and pinch of **salt** Bring to boil, reduce heat and simmer 10–12 minutes or until water is absorbed. Cover and let stand for 5 minutes, then fluff with a fork.



3. PREPARE THE SAMBAL

Finely chop mint leaves, chilli, and shallot. Combine in a bowl with zest and juice of 1/2 lime (wedge remaining), 1 tbsp vinegar and 3 tbsp olive oil (see notes). Season with salt to taste.



4. PREPARE THE FRESH SALAD

Separate and rinse **lettuce leaves** (use to taste). **S**lice **cucumber**. Arrange on a platter.



5. FINISH AND SERVE

Arrange **rice** and **grilled chicken** on platter. Dress with fresh **sambal**, and garnish with **lime wedges**.





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