



### Product Spotlight: Nigella Seeds


Nigella seeds, also known as black cumin or kalonji, are small black seeds.


Despite their name, they are not related to cumin. These tiny seeds are commonly used as a spice in various cuisines, especially in Middle Eastern and South Asian cooking.



## Chicken Kheema with Nigella Seeds and Lime Yoghurt

Indian chicken mince curry spiced with fresh curry leaves and bush curry spice mix from WA locals, GH Produce. Served over fluffy basmati rice and finished with lime yoghurt and a nigella seed topping.

 30 minutes

 4 servings

 Chicken

## Make meatballs!

*Use the chicken mince to make meatballs. Add some coconut milk to the curry and serve the creamy meatballs over rice and sprinkle over nigella topping and diced cucumbers.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 9g **CARBOHYDRATES** 78g

## FROM YOUR BOX

BASMATI RICE	300g
CHICKEN MINCE	600g
BROWN ONION	1
BUSH CURRY SPICE MIX	1 sachet
CURRY LEAVES	2 fronds
TINNED CHERRY TOMATOES	400g
LIME	1
NATURAL YOGHURT	1 tub
NIGELLA SEED TOPPING	1 packet
LEBANESE CUCUMBERS	2

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, chilli flakes

## KEY UTENSILS

saucepan, large frypan x 2

## NOTES

Add 1/2 crushed garlic clove to the yoghurt for extra flavour.

*Nigella seed topping: Nigella seeds, coconut & pepita seeds.*



### 1. COOK THE RICE

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



### 2. COOK THE CHICKEN

Heat a large frypan with **oil** over high heat. Add chicken mince and cook until sealed, breaking up lumps with a wooden spoon.



### 3. SIMMER THE CHICKEN

Dice and add onion to chicken along with bush curry spice mix and curry leaves. Stir in tinned cherry tomatoes. Simmer for 10 minutes and season to taste with **salt and pepper**.



### 4. PREPARE THE LIME YOGHURT

Meanwhile, zest lime and combine with yoghurt. Stir in **1/2 tbsp olive oil** and season with **salt and pepper** to taste (see notes). Top with a sprinkle of **chilli flakes**.



### 5. TOAST THE TOPPING

Toast the nigella, coconut and pepita mix in a dry frypan until coconut is golden.



### 6. FINISH AND SERVE

Dice cucumbers and wedge lime.

Serve chicken kheema over rice. Top with lime yoghurt, diced cucumber and nigella seed topping. Sprinkle with **chilli flakes** to taste.



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