



### Product Spotlight: Shallot

Shallots can be consumed raw and often pickled in Asian cuisines. They have a sweet and mild taste compared to an onion.



## 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.



40 minutes



4 servings



Chicken

## 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!*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	61g/31g	31g/23g	77g/54g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN CHOPS	6-pack	10-pack
TIKKA SPICE MIX	16g	16g + 8g
BASMATI RICE	300g	300g + 150g
MINT	1 bunch	1 bunch
RED CHILLI	1	1
SHALLOT	1	1
LIME	1	2
GEM LETTUCE	3-pack	3-pack
LEBANESE CUCUMBER	1	2

## 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.*



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## 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).



## 4. PREPARE THE FRESH SALAD

Separate and rinse **lettuce leaves**. Slice **cucumber**. Arrange on a platter.



## 2. COOK THE RICE

Add **rice** to a saucepan with **600ml water**, **1/2 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.

**6P** – use **900ml water** and **3/4 tsp turmeric** for the rice.



## 5. FINISH AND SERVE

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



## 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**. Season with **salt** to taste.

**6P** – use **zest and juice from 1 lime**, **2 tbsp vinegar** and **1/3 cup olive oil**.

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