T2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coconut

Toasting shredded coconut wakes up its natural oils and deepens the flavour. Keep it moving in a dry pan and pull it off the heat the moment it turns golden, as it catches quickly.

Tandoori Chicken Salad

with Mint Yoghurt

Chicken fillets cooked with a tandoori spice on a fresh salad platter with crispy cos lettuce, sweet stone fruit, cucumber and mint yoghurt dressing, finished with a sprinkle of toasted coconut.

25 minutes | 2 servings | Chicken

BBQ it!

You can cook the chicken on the BBQ if preferred. Marinate it overnight for a more intense flavour, and serve with roti bread or wraps to bulk up the dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	26g	21g

FROM YOUR BOX

TANDOORI SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
CHICKEN THIGH FILLETS	300g
SHAVED COCONUT	1 packet
MINT	1 packet
BABY COS LETTUCE	1
LEBANESE CUCUMBER	1
NECTARINE	1
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, stick mixer or blender

NOTES

For extra flavour, or if adding more chicken, add 1/2 tsp ground cumin, coriander or garam masala to the marinade. Fresh garlic or a little tomato paste also work well.

You can use coconut oil to cook the chicken for extra fragrance.

For less heat, scrape the seeds out of the chilli using a teaspoon.

Tandoori spice mix: ground cumin, ground paprika, garlic powder, ground coriander, ground cardamom.



1. PREPARE THE CHICKEN

Combine **tandoori spice mix** with **1 tbsp yoghurt** and **2 tbsp oil** in a bowl (see notes). Add **chicken** and toss to coat. Season with **salt** and **pepper**.



2. TOAST THE COCONUT

Add **coconut** to a dry frypan over medium-high heat. Toast for 2-3 minutes until golden. Take off heat and set aside. Keep pan on heat.



3. COOK THE CHICKEN

Add **oil** to pan (see notes). Cook the **chicken** for 4-5 minutes each side or until cooked through.



4. PREPARE THE DRESSING

Meanwhile, blend **1/2 mint leaves** with **remaining yoghurt** using a stick mixer or blender until smooth. Season to taste with **salt and pepper**.



5. PREPARE THE SALAD

Pick **remaining mint leaves.** Rinse and tear **lettuce leaves.** Ribbon **cucumber** using a vegetable peeler, slice **nectarine** and **chilli** (see notes). Arrange on a large serving plate.



6. FINISH AND SERVE

Slice **chicken** and place on top of salad. Spoon over **dressing** (to taste) and garnish with **toasted coconut**.

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