



Product Spotlight: Pappadums

Pappadums are a thin, bread-like cracker made from lentil flour. They are also gluten-free!



Tandoori Chicken with Cucumber Raita Salad

Chicken schnitzels cooked with an aromatic Tandoori spice paste from Island curries, served alongside a fresh and cooling cucumber salad with toasted spices and yoghurt dressing.



25 minutes



4 servings



Chicken

BBQ it!

The chicken is also delicious cooked on the BBQ for an extra charred flavour! If you want to add more to the dish, serve the chicken and salad in wraps or with rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	18g	30g

FROM YOUR BOX

PAPPADUMS	1 packet
RAITA SPICE MIX	1 packet
CHICKEN SCHNITZELS	600g
TANDOORI PASTE	1 sachet
LEBANESE CUCUMBERS	2
CHERRY TOMATOES	1 packet (200g)
SHALLOT	1
CORIANDER	1 packet
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, red wine vinegar

KEY UTENSILS

large frypan

NOTES

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.

Raita spice mix: black mustard seeds, cumin seeds, fennel seeds, salt.



1. COOK THE PAPPADUMS

Cook the pappadums according packet instructions (see notes).



2. TOAST THE SPICES

Heat a frypan over medium heat. Add raita spice mix and toast for 1-2 minutes until fragrant. Stir in **2 tbsp olive oil** and **1/2 tbsp vinegar**. Transfer to a small bowl to cool.



3. COOK THE CHICKEN

Coat chicken with tandoori paste, **salt and pepper**. Reheat pan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side or until cooked through. Set aside.



4. PREPARE THE SALAD

Dice cucumbers and quarter tomatoes. Slice shallot and chop coriander.



5. ASSEMBLE THE SALAD

Mix **1 tbsp olive oil** into yoghurt and spread over a serving plate. Scatter salad ingredients on top and spoon over toasted spice oil.



6. FINISH AND SERVE

Slice chicken and serve with salad and pappadums.



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