



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



4/6 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
	40g	30g	29g

FROM YOUR BOX

	4 PERSON	6 PERSON
PAPPADUMS	1 packet	1 packet
RAITA SPICE MIX	1 packet	1 packet
CHICKEN SCHNITZELS	600g	600g + 300g
TANDOORI PASTE	1 sachet	2 sachets
LEBANESE CUCUMBERS	2	3
CHERRY TOMATOES	200g	2 x 200g
SHALLOT	1	1
CORIANDER	1 packet	2 packets
NATURAL YOGHURT	1 tub	2 tubs

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.



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1. COOK THE PAPPADUMS

Cook the **pappadums** according to packet instructions (see notes).



4. PREPARE THE SALAD

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



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.

6P - use **3 tbsp olive oil** and **1 tbsp vinegar**.



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**.



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.



6. FINISH AND SERVE

Slice **chicken** and serve with **salad** and **pappadums**.

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