




Product Spotlight: Nigella Seeds


These seeds, also known as onion seeds, are commonly used in Indian and Middle Eastern cuisines. They give a smokey and nutty flavour to the dish.



4 Bombay Potatoes with Smoked Tandoori Chicken

Golden Bombay potatoes tossed in a pan with sweet red onion and crunchy green beans before layered on top of fresh festival lettuce with cucumber and Holy Smoke's tandoori chicken.

 30 minutes

 4 servings

 Chicken

7 September 2020

Spice it up!

Add some black mustard seeds, fresh ginger or curry powder to the potatoes for a more exciting flavour!

Per serve: **PROTEIN** 23g **TOTAL FAT** 7g **CARBOHYDRATES** 40g

FROM YOUR BOX

BABY POTATOES	800g
CONTINENTAL CUCUMBER	1
FESTIVAL LETTUCE	1
TANDOORI CHICKEN BREAST	1 packet
MINT	1/2 bunch *
NATURAL YOGHURT	1/2 tub (250ml) *
RED ONION	1/2 *
GREEN BEANS	1/2 bag (125g) *
NIGELLA SEED/ SHALLOT MIX	1 packet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt and pepper, cumin seeds, ground turmeric

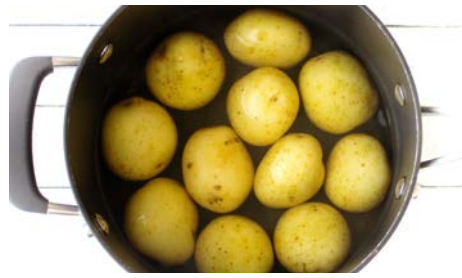
KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

If you're sensitive to spicy foods, we suggest tasting a little bit of the chicken first before adding to the salad.

If you have some, use coconut oil to cook the vegetables.



1. BOIL THE POTATOES

Halve potatoes. Add to a saucepan and cover with water. Bring to the boil and cook for 10–12 minutes until tender. Drain and set aside (see step 5).



2. PREPARE THE SALAD

Chop cucumber. Tear and rinse lettuce leaves. Slice chicken breast (see notes). Set aside.



3. MAKE THE DRESSING

Roughly chop mint leaves. Blend together with yoghurt and season with **salt and pepper**.



4. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil** (see notes). Slice onion, trim and halve beans. Add to frypan along with **2 tsp cumin seeds** and **2 tsp turmeric**. Cook for 5 minutes until onion is soft.



5. ADD THE POTATOES

Add cooked potatoes and 1/2 the nigella seed mix and toss until well coated. Season with **salt and pepper**.



6. FINISH AND PLATE

Layer lettuce leaves and cucumber on plates. Divide potatoes and chicken on top. Finish with mint dressing. Garnish with remaining nigella seed mix.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

