



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Black rice

'Forbidden' Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a fun alternative to white and brown rice.



2 Chicken Power Bowl with Black Rice



Fragrant 'Forbidden' Black rice, turmeric chicken and fresh salad components served with a yummy tomato chutney from local business Turban Chopsticks.

 20 minutes

 2 servings

 Chicken

FROM YOUR BOX

BLACK RICE	150g
TOMATO	1
YELLOW CAPSICUM	1
WHITE ONION	1/2 *
MINT	1/2 bunch *
AVOCADO	1
GEM LETTUCE	1 *
DICED CHICKEN BREAST 	300g
TOMATO CHUTNEY	1/2 jar *
 CAULIFLOWER	1/2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric (see notes)


KEY UTENSILS

saucepan, frypan

NOTES

Use curry powder instead of turmeric if you like!


Mix the tomato chutney with mayonnaise or natural yoghurt for a mild alternative that might suit the kids better!

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse with cold water.

 **VEG OPTION** - Set oven to 220°C. Cook black rice as above.




2. PREPARE THE SALAD

Dice tomato and capsicum. Slice mint leaves and avocado, finely chop white onion. Trim and shred lettuce. Arrange on a plate.



3. COOK THE CHICKEN


Toss chicken with **oil**, 1/2 tbsp chutney and **1/4 tsp turmeric** (optional). Cook in a heated frypan over medium-high heat for 6–8 minutes or until cooked through.

 **VEG OPTION** - Cut cauliflower into florets and toss with oil, 1 tbsp chutney and 1/2 tsp turmeric. Roast on a tray for 10–15 minutes or until tender.



4. FINISH AND PLATE

Divide rice, chicken and salad ingredients among bowls. Scatter with onion and serve with a dollop of chutney (see notes). Season with **salt and pepper** to taste.

 **VEG OPTION** - Divide cauliflower and salad among bowls. Scatter with onion and serve with a dollop of chutney.

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

