



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: No Worries Curries

No Worries Curries is an Australian owned and family run business. Their mission is to make authentic, rich Indian and Asian curry spice mixes accessible to the everyday cook.



3 Indian Chicken with Apple Salsa & Papadums

Mild Indian spiced chicken served with rice, a crunchy apple salsa, fresh yoghurt sauce and papadums!

 20 minutes

 2 servings

 Chicken

19 October 2020

Fancy a curry?

Add a tin of coconut milk and make yourself a quick & easy chicken curry instead! Slice chicken, seal in a hot pan and add spice mix. Dice and add tomatoes and capsicum along with coconut milk. Simmer for 15 minutes and serve over rice!

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN SCHNITZELS 	300g
INDIAN SPICE MIX	1 sachet (20g)
CHIVES	2/3 bunch *
NATURAL YOGHURT	1/2 tub (100g) *
GARLIC CLOVE	1
PAPADUMS	1 packet
APPLE	1
TOMATOES	2
YELLOW CAPSICUM	1/2 *
 CAULIFLOWER	1/2
 ALMONDS	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper

KEY UTENSILS

saucepan, grill or frypan (or barbecue)

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

The spice mix is mild but if you're cooking for little kids we would suggest using about half of the recommended amount of spice. You can add a little yoghurt for a more subtle flavour!

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



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

 **VEG OPTION** - Set oven to 220°C before cooking rice.



2. GRILL THE CHICKEN

Heat a grill pan (or barbecue) over medium heat. Toss chicken schnitzels with **1 tbsp oil** and 1/2 packet spice mix (see notes). Cook for 4-5 minutes on each side or until cooked through.

 **VEG OPTION** - Cut cauliflower into florets and toss with spice mix (use to taste) and oil. Roast for 10-15 minutes in oven, alternatively grill on the barbecue until golden and tender.



3. MIX THE YOGHURT SAUCE

Chop 2/3 bunch chives.

Mix yoghurt with half of the chives, 1 small crushed garlic clove, **1 tsp olive oil**, **salt and pepper**. Set aside.



4. PREPARE THE PAPADUMS

Cook papadums according to packet instructions

* It's quickest to cook the papadums in the microwave, this also uses less oil.



5. MAKE THE APPLE SALSA

Chop apple, tomatoes and capsicum. Toss in a bowl with reserved chives, **olive oil**, **salt and pepper**.



5. FINISH AND SERVE

Serve Indian chicken with rice, salsa, yoghurt sauce and papadums.

(VEG OPTION - serve roasted cauliflower topped with almonds - toast if preferred)

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**

