



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Island Curries


In this recipe we're using GF & vegan curry paste sachets from Island Curries in Tasmania. They're full of flavour but not too spicy, making them great for kid-friendly cooking.



1 Indian Chicken with Cucumber Raita & Apple Salsa

Indian curried chicken tenderloins served with rice, cucumber raita and a fresh salsa made with apple, cucumber and tomato.

 20 minutes

 4 servings





 Chicken

16 April 2021

Make a curry!

Use the curry paste and a tin of coconut milk to make a simple chicken curry instead. Add any veggies of choice and serve over rice. Top tip raita and fresh salsa.

FROM YOUR BOX

BASMATI RICE	300g
CURRY PASTE 	1 sachet
NATURAL YOGHURT	1 tub (500ml)
TOMATO PASTE	1/2 sachet *
CHICKEN TENDERLOINS 	600g
CHIVES	1/2 bunch *
CONTINENTAL CUCUMBER	1
GARLIC CLOVE	1
TOMATOES	2
APPLES	2
 DAHL KIT	1 packet
 ENGLISH SPINACH	1 bunch

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, red or white wine vinegar


KEY UTENSILS

saucepan, large frypan

NOTES

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

We placed a sheet of baking paper in the frypan before adding the chicken to cook. This prevents the chicken from sticking to the pan. You can also roast in the oven or cook on the bbq.

 **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.



4. MAKE THE RAITA


Chop chives (reserve some for garnish) and grate 1/3 cucumber (squeeze out excess water). Combine with remaining yoghurt, crushed garlic, **salt and pepper**. Drizzle with **olive oil**.

 **VEG OPTION** - Prepare as above, using yoghurt to taste.



2. MARINATE THE CHICKEN

Combine curry paste with 1/2 cup yoghurt and 1/2 sachet tomato paste. Add chicken and toss to coat.

 **VEG OPTION** - Heat a saucepan with oil over medium heat. Dice and add tomatoes, cook for a couple of minutes.



5. PREPARE THE SALSA


Dice tomatoes, apples and remaining cucumber. Toss in a serving bowl with **1 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.

 **VEG OPTION** - Dice remaining cucumber and apple.



3. COOK THE CHICKEN


Heat a frypan over medium-high heat (see notes). Add chicken and cook for 5 minutes on each side or until cooked through.

 **VEG OPTION** - Add dahl kit, stir well then pour in 3 cups water. Simmer, covered, for 12 minutes or until tender.



6. FINISH AND SERVE

Serve chicken and rice with fresh salsa and cucumber raita. Sprinkle with any reserved chives.

 **VEG OPTION** - Trim and rinse spinach, add to dahl to wilt. Serve over rice with raita. Top with diced cucumber, apple and any extra chives.

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

