



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mughal Foods

Mughal Foods is a local WA bakery, specialising in making Indian breads.

They use 100% Australian grown wheat flour and avoid using preservatives or artificial additives which are, unfortunately, common in commercial Indian breads.



1 Tandoori Chicken Skewers with Dahl & Cocktail Naan

Heart-warming and totally delicious - Indian dahl curry served with tandoori chicken skewers, cocktail naan breads and a fresh cucumber topping.



20 minutes



4 servings



Chicken

24 August 2020

FROM YOUR BOX

TOMATOES	2
ZUCCHINI	1/2 *
DAHL KIT	1 packet
COCONUT MILK	400ml
CHICKEN TANDOORI SKEWERS	2 packets
LEBANESE CUCUMBER	1
CHIVES	1/3 bunch *
COCKTAIL NAAN	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Cooking for younger kids? The marinade on the chicken can be a little hot – here are a couple of tips if you or your kids like it mild! Rub the chicken with a couple of tbsp of yoghurt prior to cooking (or serve with a dollop of yoghurt on the side for dipping). You can also serve with some white rice to complement the dahl – made from legumes, the dahl will give you heaps of protein too! Happy Cooking!

No gluten option – naan breads are replaced with papadums. Cook according to packet instructions.



1. SAUTÉ TOMATO & ZUCCHINI

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



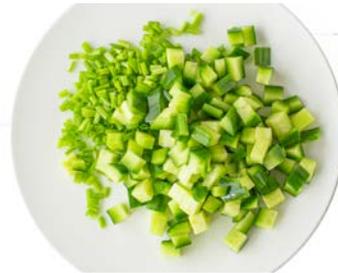
2. SIMMER THE DAHL

Add dahl kit, stir well then pour in coconut milk and **2 cups water**. Simmer, covered, for 12-14 minutes or until tender.



3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat (see notes). Add chicken skewers and cook for 8-10 minutes, turning occasionally until cooked through.



4. PREPARE THE GARNISH

Dice cucumber and chop chives.



5. WARM THE NAAN BREADS

Warm the naan bread in a dry frypan or microwave. Place in a clean kitchen towel to keep warm (optional).



6. FINISH AND SERVE

Adjust seasoning of the dahl with **salt and pepper** if needed.

Top dahl with cucumber and chives, serve with chicken skewers and naan breads.

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**

