



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Turban Chopsticks

A local Perth-based business creating a range of one pot meal kits with hand-roasted spices to bring the perfect balance to your meal. Add protein and veggies to suit your taste!



3 Festival Briyani Rice with Golden Chicken

A traditional, spiced Indian rice flavoured with plump Australian sultanas, roasted cashews and shallots. Served topped with turmeric chicken, fresh cucumber salsa and a dollop of yoghurt.

 20 minutes

 4 servings




 Chicken

18 June 2021

Spice it up!

We love this briyani rice kit from Perth-local Turban Chopsticks! It is mild and family friendly. If you want more flavour you can add ground cumin, turmeric or some chilli!

FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
CARROT	1
ZUCCHINI	1/2 *
TOMATOES	2
BRIYANI RICE KIT	1 packet
BABY SPINACH	1 bag (120g)
CONTINENTAL CUCUMBER	1/2 *
YELLOW CAPSICUM	1
MINT	1 packet
CHICKEN STRIPS 	600g
NATURAL YOGHURT	1 tub (200g)
 CHICKPEAS	400g
 PANEER CHEESE	2 packets

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground turmeric


KEY UTENSILS

large frypan x 2

NOTES

Add chicken to pan with veggies at step 1 for an easy one-pan meal! Add more seasoning to taste.

Keep cucumber, capsicum and mint separate instead if the kids prefer!

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




1. SAUTÉ THE VEGETABLES

Heat a large frypan with **oil** over medium heat. Slice spring onions, reserving some tops for garnish. Dice (or grate) carrot and zucchini, wedge tomatoes. Add to pan as you go (see notes).



4. COOK THE CHICKEN

Heat a large frypan over medium-high heat. Add chicken and season with **1-2 tsp turmeric, salt and pepper**. Cook for 6-8 minutes or until cooked through.

 **VEG OPTION** - Heat a large pan over medium-high heat. Dice and add paneer, season with 1-2 tsp turmeric, salt and pepper. Cook for 3-4 minutes, turning until golden and warmed through.



2. ADD THE RICE KIT & SIMMER


Add contents of the rice kit. Cook for 3-4 minutes, stirring, until fragrant (see notes). Pour in **2 cups water** and add baby spinach. Cover and simmer for 10-15 minutes.

 **VEG OPTION** - Cook as above, adding drained chickpeas.



5. FINISH AND SERVE

Season rice with **salt and pepper** to taste. Serve in bowls topped with chicken, cucumber garnish and a dollop of yoghurt.

 **VEG OPTION** - Season rice with salt and pepper to taste. Serve in bowls topped with paneer, cucumber garnish and a dollop of yoghurt.



3. PREPARE THE GARNISH

Dice cucumber and capsicum (see notes). Slice reserved spring onion tops and chop pop mint leaves. Toss together in a bowl with **olive oil, salt and pepper**.

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

