

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



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

 4 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	300g
CHICKEN SCHNITZELS	600g
INDIAN SPICE MIX	1 sachet (20g)
CHIVES	2/3 bunch *
NATURAL YOGHURT	1/2 tub (250g) *
GARLIC CLOVE	1
PAPADUMS	1 packet
APPLES	2
TOMATOES	2
GREEN CAPSICUM	1
 CAULIFLOWER	1
 ALMONDS	1 packet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper


## KEY UTENSILS

saucepan, large 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 recommend using about half of the spice mix anyway. You can also add a little yoghurt for an even 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 **1-2 tbsp oil** and 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, crushed garlic, **1 tbsp 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 apples, 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**

