



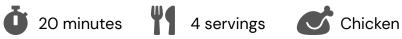
# **Product Spotlight: No Worries Curries**

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.

# **Indian Chicken** 3

# with Apple Salsa & Papadums

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







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!

19 October 2020

#### 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
	1
	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  $\ensuremath{\mathsf{x}}$  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  $1.5 \times$  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.

**4. PREPARE THE PAPADUMS** 

instructions

this also uses less oil.

Cook papadums according to packet

\*it's guickest to cook the papadums in the microwave,



### **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.



#### **5. MAKE THE APPLE SALSA**

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



## **3. MIX THE YOGHURT SAUCE**

Chop 2/3 bunch chives.

Mix yoghurt with <u>half of the chives</u>, crushed garlic, **1 tbsp olive oil, salt and pepper**. Set aside.



#### **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

