

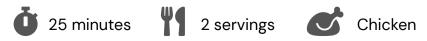


Product Spotlight: Natural Yoghurt

Natural yoghurt contains good bacteria, known as 'probiotics', which can aid digestion and support a healthy digestive tract!

Oven-Baked Chicken Tikka

Diced chicken breast baked in a tikka marinade with cherry tomatoes, served over basmati rice with a dollop of yoghurt and fresh cucumber.



Jazz it up!

Add a squeeze of lemon to the traybake for extra flavour. You can finish the dish with some fresh coriander or mint if you have some.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 56g 27g 34g

4 August 2023

FROM YOUR BOX

BASMATI RICE	150g
RED ONION	1
CHERRY TOMATOES	1 packet (200g)
DICED CHICKEN BREAST	300g
TIKKA SPICE MIX	1 packet
NATURAL YOGHURT	1 tub
LEBANESE CUCUMBER	1



oil for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

oven dish, saucepan

NOTES

Tikka spice mix: ground garlic, ground cumin, ground ginger, garam masala and ground paprika.

You can stir the cucumber through the remaining yoghurt to make a quick raita.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE TRAYBAKE

Meanwhile, slice onion and halve tomatoes. Place in a lined oven dish with chicken.



3. ADD TIKKA SPICE AND BAKE

Combine tikka spice mix with 1/4 cup yoghurt, **2 tbsp oil, salt and pepper.** Add to traybake and toss to coat. Bake in oven for 20 minutes or until chicken is cooked through.



4. PREPARE THE CUCUMBER

Dice cucumber. Toss in a bowl with 1/2 tsp vinegar and 1 tsp olive oil (see notes). Set aside.



5. FINISH AND SERVE

Divide rice and chicken tikka among bowls. Dollop with remaining yoghurt and garnish with cucumber.



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