




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.

 25 minutes

 2 servings

 Chicken

4 August 2023

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** 56g **TOTAL FAT** 27g **CARBOHYDRATES** 34g

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

FROM YOUR PANTRY

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.



4. PREPARE THE CUCUMBER

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



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.



5. FINISH AND SERVE

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



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