




### 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

 4 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** 53g **TOTAL FAT** 17g **CARBOHYDRATES** 30g

## FROM YOUR BOX

BASMATI RICE	300g
RED ONION	1
CHERRY TOMATOES	2 packets (2 x 200g)
DICED CHICKEN BREAST	600g
TIKKA SPICE MIX	1 packet
TOMATO PASTE	1 sachet
NATURAL YOGHURT	1 tub
LEBANESE CUCUMBERS	2

## 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 **600ml 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 tomato paste, 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 cucumbers. Toss in a bowl with **1 tsp vinegar** and **2 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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