

FOR the
Little ONESMANGO AND
CUCUMBERYOGHURT
FOR DIPPING

Chicken & Rice



tandoori chicken



40 minutes



4 servings



chicken

Grilled chicken skewers served with rice, creamy raita, and a refreshing mango-cucumber salsa – a delicious and easy family meal.

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FROM YOUR BOX

DICED CHICKEN THIGHS	600g
TANDOORI PASTE	1 sachet
NATURAL YOGHURT	1 tub
MINT	1 bunch
BASMATI RICE	300g
MANGO	1
LEBANESE CUCUMBERS	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt

COOKING TOOLS

saucepan, BBQ, griddle or frypan

Instead of threading chicken onto skewers you can cook in the oven, in a frypan or air-fryer. Coat with some panko for a crispy finish!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. MARINATE THE CHICKEN

Toss **diced chicken thighs** with **tandoori paste** and **1 tbsp yoghurt**. Thread onto **skewers**.

tip Use 1/2 tandoori paste for sensitive tastebuds!



4. GRILL THE CHICKEN

Heat a BBQ, griddle or frypan over medium-high heat with **oil**. Add chicken skewers and cook for 8-10 minutes or until cooked through.



2. MAKE THE RAITA

Chop **mint**.

Combine remaining **yoghurt** with 2 tbsp chopped mint leaves. Season with **salt** and set aside in the fridge until serving.

tip Add some crushed garlic for an extra boost of flavour!



5. MAKE THE SALSA

Dice **mango** and **cucumbers**. Toss with **olive oil** and remaining mint in a bowl. Season with **salt**.

tip Dice the mango and cucumber into larger pieces for a chunky salsa! You can serve separately for little kids!



3. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

tip Use a rice cooker if you have!



6. FINISH AND SERVE

Serve tandoori chicken skewers with rice, mango salsa and raita.