



### Product Spotlight: Basmati Rice

Basmati is a slender, long-grained aromatic rice ('basmati' means fragrant). It comes from South Asia, where it has been grown for centuries.



## Tandoori Chicken with Raita

Oven baked chicken schnitzels using the flavourful Island Curries Tandoori chicken paste, served on yellow rice with a yoghurt raita on the side.

### Spice it up!

*You can serve this dish with some mango chutney, pappadums or naan bread if you have some.*



25 minutes



2 servings



Chicken

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 35g     | 19g       | 69g           |

## FROM YOUR BOX

|                    |          |
|--------------------|----------|
| BASMATI RICE       | 150g     |
| TANDOORI PASTE     | 1 sachet |
| NATURAL YOGHURT    | 1 tub    |
| CHICKEN SCHNITZELS | 300g     |
| LEBANESE CUCUMBER  | 1        |
| TOMATO             | 1        |
| MINT               | 1 packet |

## FROM YOUR PANTRY

salt, pepper, ground turmeric

## KEY UTENSILS

oven dish, saucepan with lid

## NOTES

You can add some lemon zest to the chicken for added flavour!

Add some crushed garlic to the raita if you have some.



### 1. COOK THE RICE

Set oven to 220°C.

Place **rice**, **1/4 tsp turmeric** and a pinch of **salt** in a saucepan with **300ml water**. Bring to a boil, cover and reduce heat to medium-low for 10-15 minutes. Remove from heat, stand for 5 minutes, then fluff with a fork.



### 4. FINISH AND SERVE

Slice **chicken** (optional) and serve with **rice** and a side of **raita**.



### 2. BAKE THE CHICKEN

Combine **tandoori paste** with **2 tbsps yoghurt** in a lined oven dish. Add **chicken schnitzels** and toss to coat (see notes). Bake in oven for 15-20 minutes or until cooked through.



### 3. PREPARE THE RAITA

Dice **cucumber** and **tomato**. Thinly slice **mint leaves**. Stir in **remaining yoghurt** and season with **pepper** (see notes).



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