



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.



25 minutes



4/6 servings



Chicken

Spice it up!

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

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

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
TANDOORI PASTE	2 sachets	2 sachets
NATURAL YOGHURT	1 tub	2 tubs
CHICKEN SCHNITZELS	600g	600g + 300g
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3
MINT	1 packet	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 **600ml 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.

6P – use 1/2 tsp turmeric & 900ml water.



2. BAKE THE CHICKEN

Combine **tandoori paste** with **2 tbsp 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.

6P – combine tandoori paste with 3 tbsp yoghurt in a lined oven dish.



3. PREPARE THE RAITA

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



4. FINISH AND SERVE

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



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