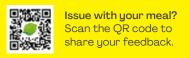


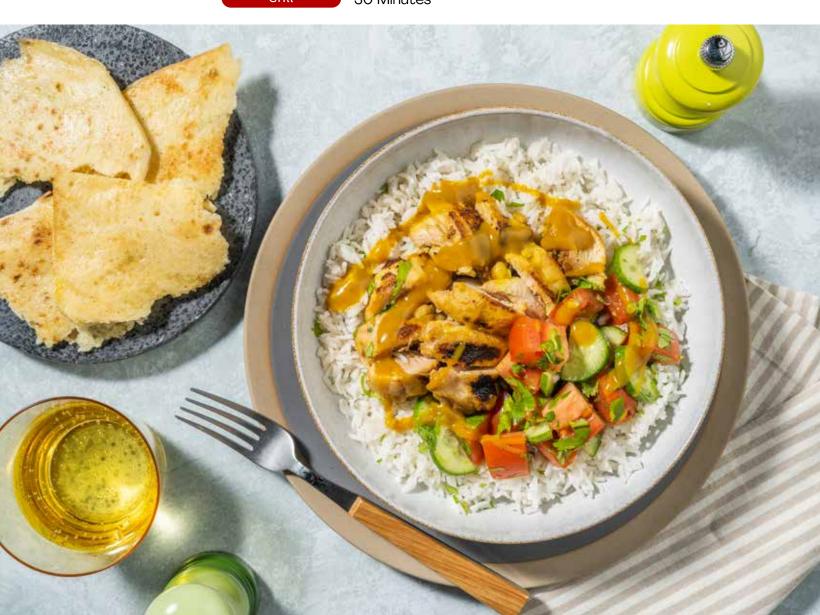
Tandoori-Style Chicken

with Grilled Flatbread and Cucumber-Tomato Salad



30 Minutes









Chicken Tenders





Basmati Rice

Mini Cucumber





Cilantro

Roma Tomato



Tikka Sauce

White Wine Vinegar

Start here

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce. Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Medium bowl, measuring spoons, silicone brush, medium pot, small pot, measuring cups, paper towels

Ingredients

3		
	2 Person	4 Person
Chicken Tenders •	340 g	680 g
Flatbread	2	4
Basmati Rice	¾ cup	1 ½ cups
Mini Cucumber	66 g	132 g
Roma Tomato	95 g	190 g
Cilantro	7 g	7 g
Tikka Sauce	½ cup	1 cup
White Wine Vinegar	½ tbsp	1 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Sugar*	¾ tsp	1 ½ tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Issue with your meal? Scan the QR code to share your feedback.



Cook rice

- Add rice and 1 tbsp (2 tbsp) butter to the boiling water, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Prep and make salad

- Meanwhile, add **1 tbsp** (2 tbsp) **butter** to a small pot. Melt over medium heat, 1 min.
- Add **flatbread** to a plate, then brush both sides with **melted butter**. Season with **salt** and **pepper**.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop cilantro.
- Cut tomato into ½-inch pieces.
- Add cucumbers, tomatoes, half the cilantro, half the vinegar (use all for 4 ppl), 1/4 tsp (1/2 tsp) sugar and 1/2 tbsp (1 tbsp) oil to a medium bowl. Season with salt and pepper, then toss to combine.



Warm tikka sauce

- Add **tikka sauce**, ½ **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **butter** to the same pot (from step 2). Season with **salt** and **pepper**, then stir to combine. Bring to a simmer over medium. Cook, stirring occasionally, until **butter** melts, 2-3 min.
- Remove from heat, then season with **salt** and **pepper**, to taste. (**NOTE**: You'll baste grilled chicken with tikka sauce once it's cooked through!)



Grill chicken

- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Add chicken to the grill. (TIP: Arrange tenders perpendicular to grates to prevent them from falling through!) Close lid and grill, flipping once, until cooked through, 4-5 min per side.**
- When **chicken** is cooked through, brush one side with **some tikka sauce**, then flip. Grill for 30 sec, then repeat with other side.
- Transfer chicken to a cutting board.



Warm flatbread

• Halfway through grilling **chicken**, place **flatbread** on the other side of the grill. Close lid and grill, flipping once, until **flatbread** are heated through, 1-2 min per side.



Finish and serve

- Fluff rice with a fork, then stir in remaining cilantro.
- Thinly slice chicken, if desired.
- Divide rice between bowls.
- Top with **chicken** and **salad**.
- Drizzle any remaining tikka sauce over chicken.
- Tear **flatbread**, then serve alongside.

