



# Tandoori-Style Chicken

with Grilled Flatbread and Cucumber-Tomato Salad

Grill

30 Minutes



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Chicken Tenders



Flatbread



Basmati Rice



Mini Cucumber



Roma Tomato



Cilantro



Tikka Sauce



White Wine Vinegar

HELLO CILANTRO

*This versatile herb has a citrusy twist!*

## 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 within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## Bust out

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

## Ingredients

|                    | 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.



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### 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), **¼ tsp** (½ tsp) **sugar** and **½ 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.

Dinner Solved!