

CHICKEN TIKKA, PILAF RICE TOMATO SALAD

WHAT YOU'LL NEED...

1. Marinate the chicken thighs in yoghurt and a little tikka paste.
2. Cook out the tikka paste with coconut milk and add the chicken.
3. Make the rice by sweating off diced white onion in butter, then add the rice and water.
4. Braise in the oven until cooked.

Make the salad

1. by finely slicing red onion and halving cherry tomatoes.
2. Add lemon juice and salt.

To make up the salad spoon in the pilaf rice, spoon in the chicken tikka on one side and the tomato and onion salad on the other side.

Garnish with coriander.

INGREDIENTS

1800g Chicken thigh Knorr Patak's (Hannah Foods)

100g Tikka paste (Hannah Foods)

500g Italian brown rice (Hannah Foods)

400g Red onion

200g Coconut milk

10g Coriander

10g Cherry tomatoes (loose)

100g White onion

100g Margarine

5g Salt and pepper

50g Yoghurt



GDA INFO

Each Lemon Chicken, Cabbage Slaw, Quinoa Salad (312.99g) contains

Energy kJ 1925kJ 522kcal	Fat 20g	Saturates 3.2g	Sugars 3.2g	Salt 0.79g
23%	28%	16%	4%	13%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 615kJ / 167kcal