



Tandoori Forever chicken

with cucumber coconut sauce, mango chutney and rice



Our tangy, brilliantly coloured housemade tandoori spices infuse plant based chicken style shreds from Forever with incredible flavour. The refreshing cucumber coconut sauce with fresh mint and coriander makes the ultimate serving accompaniment.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large non-stick frying pan



Pantry items needed: agave syrup / caster sugar, vegetable oil, salt



Hands-on: 15 minutes
Ready in: 25 minutes



Serves: 2 or 4

NO ADDED GLUTEN | HIGH PROTEIN | CALORIE SMART | Great for leftovers, Spicy (mild)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Cucumber	100g	200g
Mint	10g	20g
Coriander	10g	20g
Lemon	100g (half)	100g
Salt*	½ tsp	1 tsp
Agave syrup / caster sugar*	½ tsp	1 tsp
Coconut cream	200ml	400ml
Tandoori spice mix	1 packet	1 packet
Vegetable oil*	2 tbsp	4 tbsp
Forever chickn-style shred	1 packet	1 packet
Mango chutney	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: soy.
May contain traces of other allergens.
For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook rice

Rinse **basmati rice** through a sieve until the water runs clear. In a small pot, add **rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **15 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Make cucumber coconut sauce

Finely dice **cucumber**. Pick **mint** and **coriander** leaves and roughly chop. Juice **lemon** (**½ for 2 serves** and **1 for 4 serves**). In a bowl, add **cucumber, mint, coriander, lemon juice, salt*, agave syrup / caster sugar*** and **half the quantity of coconut cream** and stir to combine.

3. Make tandoori sauce

In a bowl, add remaining **coconut cream** and **tandoori spice mix** and stir to combine.

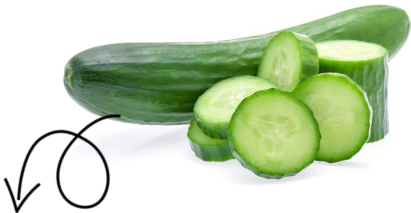
4. Cook Forever chickn-style shred

In a large non-stick frying pan over low heat, add **vegetable oil*** and **Forever chickn-style shred**, toss to coat and cook, turning regularly, until pieces are starting to turn golden brown, about **4 minutes**. Add **tandoori sauce**, toss to coat and cook until browned, about **2 minutes**.

5. Serve

Serve **rice** and **tandoori chickn** in deep bowls and top with **cucumber coconut sauce** and **mango chutney**.

Eat your way to healthy!



Cucumbers are low in calories but high in many important vitamins and minerals, including vitamin C and K, magnesium, potassium and manganese. They also contain antioxidants, including flavonoids and tannins, which are two groups of compounds that are especially effective at blocking harmful free radicals.

Cucumbers may help lower blood sugar, support regular bowel movements and weight loss and reduce the risk of cancer and heart, lung, and autoimmune diseases. Eat them unpeeled to maximize the health benefits.

Nutritional information*

	Per 545g serve	Per 100g
Energy	2486kJ (595Cal)	456kJ (109Cal)
Protein	52.1g	9.6g
Fat, total	29.2g	5.4g
- Saturated	23.7g	4.4g
Carbohydrate	65.0g	12.0g
- Sugars	27.0g	5.0g
Sodium	1695mg	311mg

* Nutritional information is based on averages