

Spiced Chicken Dosa Pancake

with Sweet Mango Chutney and Mint Raita

A dosa is a thin, crêpe-like pancakes traditionally served in India. It is made with besan (also known as gram or chickpea flour), which makes it naturally gluten-free! We're serving it with delicious spiced-chicken, and a cooling mint raita on the side!















Mango Chutney



Mint



Chicken Tenders



Onion



Nigella Seeds



Gram Flour

Masala Spice

Yogurt

Ingredients		2 People	4 People	*Not Included .⊆
Chicken Tenders		1 pkg (340 g)	2 pkg (680 g)	Allergens .≒
Baby Spinach		1 pkg (56 g)	2 pkg (113 g)	Allergens 1) Milk/Lait Eq. (27) Tools Small Bowl, Large Bowl, Measuring Cups, Large Non- Stick Pan
Onion, sliced		1 pkg (113 g)	2 pkg (227 g)	
Garlic		1 pkg (10 g)	2 pkg (20 g)	
Mango Chutney		1 pkg (¼ cup)	2 pkg (½ cup)	
Mint		1 pkg (10 g)	1 pkg (10 g)	
Cilantro		1 pkg (10 g)	1 pkg (10 g)	
Gram Flour		1 pkg (1½ cups)	2 pkg (3 cups)	
Masala Spice Blend		1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Nigella Seeds		1 pkg (1 tsp)	2 pkg (2 tsp)	
Yogurt	1)	1 pkg (100 g)	2 pkg (200 g)	

Nutrition per person Calories: 664 cal | Fat: 11 g | Protein: 62 g | Carbs: 78 g | Fibre: 11 g | Sodium: 690 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

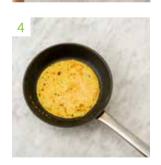


Olive or Canola Oil*

- 1 Prep: Wash and dry all produce. Mince or grate the garlic. Roughly chop the cilantro and mint leaves.
- **2** Make the mint raita: In a small bowl, combine the mint and yogurt. Season with salt and pepper.
- 3 Make the dosa batter: In a large bowl, combine the flour, nigella seeds and 1½ cups water (double for 4 people).



4 Make the dosa pancake: Heat a large non-stick pan over medium heat. (TIP: Non-stick pans are best for making crêpes and dosas!) Add a drizzle of oil, then ½ cup batter. Swirl the batter around the pan until the batter coats the bottom and forms a 5-inch wide pancake. Cook until golden-brown on the bottom, 2-3 min. (TIP: Use a spatula to lift an edge slightly to check the colour!) Carefully flip the dosa over, then cook until golden-brown, 2-3 more min. Transfer the pancakes to a plate and cover to keep warm. Repeat with remaining batter. (The batter should yield 4 dosas for two people or 8 dosas for four people.)



- 5 Sear the chicken: Heat the same pan over medium-high heat. Add a drizzle of oil, then the onion. Cook, stirring occasionally, until softened, 4-5 min. Add the garlic, chicken and masala spice blend. Cook until the chicken is golden-brown, 2-3 min per side. Add the mango chutney and ¼ cup water (double for 4 people). Stir until mixture comes together and becomes sticky. Stir in the cilantro and spinach.
- **6 Finish and serve:** Divide the **dosa pancakes** between plates and top with the **chicken mixture**. Drizzle over the **raita** and enjoy!