






More Than Food
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Chicken Dosa Pancake with Sticky Mango Chutney and Cooling Raita

A lot of people associate pancakes with France because of their incredible crepes, or with America because they've got their fluffy breakfast pancake down to a fine art! But the pancake is a delight enjoyed by so many people in so many countries. Our Victoria wanted to show you all the deliciousness that is India's take on the pancake: it's the dosa! It's an adventure for your taste buds!

 40 mins

 spicy

 gluten free



Coriander (3 tbsp)



Mint (5 tbsp)



Natural Yoghurt
(1 pot)



Onion (1)



Garlic Clove (2)



Chicken Breast (2)



Poudre de
Colombo (2 tsp)



Gram Flour
(1½ cups)



Nigella Seeds (2 tsp)



Mango Chutney
(2 tbsp)



Baby Spinach
(2 handfuls)

Ingredients

2 PEOPLE ALLERGENS

Coriander, chopped	3 tbsp	
Mint, chopped	5 tbsp	
Natural Yoghurt	1 pot	Milk
Onion, sliced	1	
Garlic Clove, chopped	2	
Chicken Breast	2	
Poudre de Colombo	2 tsp	Mustard
Gram Flour	1½ cups	
Nigella Seeds	2 tsp	
Mango Chutney	2 tbsp	
Baby Spinach	2 handfuls	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Mango trees can grow up to 100 feet tall!

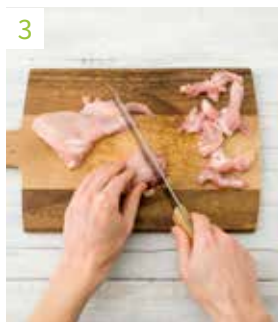
Nutrition per serving: Calories: 502 kcal | Protein: 50 g | Carbs: 60 g | Fat: 7 g | Saturated Fat: 1 g

2



1 Pre-heat your oven to 200 degrees. Separate the **coriander** leaves from the stems and roughly chop them. Separate the **mint** leaves from the stems and very finely chop them. Discard all the stems.

3



2 In a small bowl, mix together the chopped **mint**, **yoghurt** and ¼ tsp of **salt**. Pop it in your fridge for later - this is your mint raita!

3 Cut your onion in half through the root, peel, and slice thinly into half moon shapes. Peel and finely chop the **garlic** (or use a garlic crusher if you have one!). Slice the **chicken breasts** at 2cm intervals lengthways.

5



4 Combine the **onion**, **garlic**, **chicken**, **curry powder**, 1 tbsp of **olive oil** and a pinch of **salt** in a baking tray and thoroughly mix. Put in your oven for 16 mins or until the **chicken** is cooked through and the **onions** are soft. **Tip:** *The chicken is cooked when no longer pink in the middle!*

7



5 Whilst your spiced **chicken** is cooking, you can get on with making your Indian dosa pancakes. In a large bowl, combine the **gram flour**, **nigella seeds** and ½ tsp of **salt**. Slowly whisk in 350ml of **water** to make a batter.

6 For the perfect pancake you need a super hot frying pan, so pop 1 tsp of **oil** in a large frying pan over high heat. While this heats up, measure exactly 5 tbsp of batter into a cup.

7 Once the **oil** starts to sizzle in your pan, use kitchen paper to rub the excess oil away (your pan is still on the heat when you do this so be careful). Pour your batter from the cup. Quickly move your pan to ensure your batter covers the base of your frying pan. Leave to cook for 1 minute, then flip and cook the other side for a further minute. Both sides should be slightly golden brown and fluffy.

8 Transfer your cooked pancake to a plate and cover with foil to keep warm, whilst you cook your other pancakes in the same way. **Tip:** *You can save time by measuring 5 tbsp of batter for your next pancake whilst another pancake is cooking.*

9 Remove your baked **chicken** from your oven, fold in the **coriander** leaves and serve on your dosa pancakes, alongside a dollop of **mango chutney**, a small handful of fresh **spinach** leaves and your mint raita. You should have about two pancakes each to enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!