

RECIPE | TOMATOES



TOMATO AND TURMERIC CHICKEN BOWL



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Recipe created by *Lincy Samuel*



45 min

25 min
PREP.

20 min
COOKING



2



medium

INGREDIENTS

For the turmeric chicken:

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, divided + half blended for chutney
- 2** chicken breasts
- 1 cup** basmati rice, cooked
- 2 tbsp** olive oil
- 1 tbsp** lemon juice
- 1 tsp** turmeric
- 1 tsp** cumin
- 1 tsp** paprika
- ¼ tsp** chili powder
- Salt and pepper, to taste
- Fresh cilantro leaves, for garnish

For the tomato chili chutney:

- ½ dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, blended
- 2** cloves of garlic
- 2 tbsp** tomato paste
- 2 tbsp** olive oil
- 2 tbsp** lemon juice
- 2 tsp** chili flakes
- ¼ tsp** chili powder

DIRECTIONS

- 1** In a medium sized bowl, mix the olive oil, lemon juice, turmeric, cumin, paprika, chili powder, salt and pepper well. Add the chicken breasts to the marinade and ensure the chicken is fully covered.
- 2** In a large skillet on medium heat, place the marinated chicken and cook 20 min, flipping once during cooking. Set aside to cool.
- 3** While the chicken cooks, place all chutney ingredients in a blender and blend until smooth.
- 4** Once chicken cools, cut into bite size chunks.
- 5** In a large bowl, add the rice, chicken, and tomatoes and toss well.
- 6** Drizzle with tomato chili chutney, garnish with fresh cilantro leaves, tomatoes and serve.