



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: COCONUT MILK

Coconut milk is lactose-free and derived from the flesh of the coconut. It gives a great background flavour to curries and dressings.

2. RED CHICKEN CURRY

Creamy, decadent, filling, and packed with wholesome ingredients — this red chicken curry ticks all the boxes!

 30 Minutes

 2 Servings

24 February 2020

FROM YOUR BOX

SHALLOT	1
RED CURRY PASTE	1 tin (95g)
BUTTERNUT PUMPKIN	1/2 *
RED CAPSICUM	1/2 *
TOMATO	1
DICED CHICKEN BREAST	300g
COCONUT MILK	400ml
RICE NOODLES	1 packet (200g)
GREEN BEANS	1/2 packet (75g) *
LIME	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), sugar, soy sauce

KEY UTENSILS

saucepan, large frypan

NOTES

When using half a pumpkin, halve lengthways to ensure you will have the same amount of flesh for both dishes.

Boil the kettle and pour over noodles before serving to reheat if desired.



1. SAUTÉ THE SHALLOT

Bring a saucepan of water to the boil for step 3.

Heat a large frypan with **oil** over medium-high heat. Slice and add shallot, cook for 3-4 minutes. Add curry paste and cook for another minute.



2. ADD THE VEGETABLES

Dice and peel pumpkin (see notes), chop capsicum and tomato. Add to pan along with chicken. Stir to coat in curry paste, then pour in coconut milk. Simmer for 10 minutes.



3. COOK THE NOODLES

Add noodles to boiling water. Cook for 2 minutes, or until just tender. Drain and rinse in cold water.



4. ADD THE BEANS

Trim and cut beans into 3cm pieces. Add to curry for the last 3 minutes of cooking.



5. FINISH AND PLATE

Zest lime. Season curry with lime zest and juice to taste (we used 1/2 lime), **soy sauce and sugar**.

Serve red chicken curry over noodles with any remaining lime cut into wedges on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

