



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

 4 Servings

24 February 2020

FROM YOUR BOX

RED ONION	1
RED CURRY PASTE	1 tin (95g)
SWEET POTATO	300g
RED CAPSICUM	1
TOMATOES	2
DICED CHICKEN BREAST	600g
COCONUT MILK	400ml
RICE NOODLES	1 packet (375g)
GREEN BEANS	1/2 packet (125g) *
LIME	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), sugar, soy sauce

KEY UTENSILS

saucepan, large frypan

NOTES

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



1. SAUTÉ THE ONION

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

Heat a large frypan with **2 tbsp oil** over medium-high heat. Slice and add onion, cook for 3-4 minutes. Add curry paste and cook for another minute.



2. ADD THE VEGETABLES

Dice sweet potato, capsicum and tomatoes. Add to pan along with the chicken. Stir to coat in curry paste, then pour in coconut milk and **1/2 tin water**. 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.