



Product Spotlight: Zucchini

A zucchini is a fruit, although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.



Aussie Bush Curry with Chicken

A creamy chicken curry created using a blend of cardamom, desert lime and ginger from GH Produce, served with fluffy rice and finished with toasted coconut.



25 minutes



2 servings



Chicken

30 June 2023

Add some extras!

This curry is also great served with some naan bread! You can garnish with some fresh coriander or toasted flaked almonds if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	47g	40g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
TOMATO	1
ZUCCHINI	1
SHAVED COCONUT	1 packet
CHICKEN TENDERLOINS	300g
BUSH CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan with lid

NOTES

For a rich flavour in the curry, you can add 1 tbsp tomato paste if you have some.



1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGETABLES

Slice onion. Wedge tomato and slice zucchini (use to taste) into crescents. Keep separate.



3. TOAST THE COCONUT

Add shaved coconut to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove and set aside (keep pan on heat).



4. SEAL THE CHICKEN

Add sliced onion and chicken to pan with **oil**. Cook for 3 minutes until chicken is sealed.



5. SIMMER THE CURRY

Add tomato and zucchini along with spice mix (see notes). Cook for 3 minutes until fragrant. Pour in coconut milk. Simmer for 5 minutes or until chicken is cooked through. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Garnish curry with shaved coconut. Serve with rice.



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