



Product Spotlight: GH Produce Spice Mix

Influenced by islander cuisine, Glen from GH Produce has developed this full-flavoured and nutrient-dense curry spice mix, featuring native Tasmanian beach herb "Kunzea" and WA desert lime. It brings a fragrant tropical flair to this dish!



Island Curry Chicken

with Rice and Apple Salsa

Chicken schnitzels cooked in a golden island curry sauce with flavours of coconut and lime served over basmati rice and topped with fresh apple salsa.



20 minutes



2 servings



Chicken

29 September 2023

Make a curry!

If you prefer a warmer dish, slice the chicken and cook it in the pan with diced tomatoes. Simmer with the spice mix, coconut milk and 1 1/2 cups water to make a curry. Add any extra veg you may have to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	23g	96g

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN SCHNITZELS	300g
ISLAND CURRY SPICE MIX	1 sachet
COCONUT MILK	165ml
LIME	1
LEBANESE CUCUMBER	1
RED APPLE	1
TOMATO	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking (see notes)

KEY UTENSILS

large frypan, saucepan with lid

NOTES

If you have some, you can use coconut oil in this dish.

Slice the chicken into smaller pieces for children if preferred, or slice it to serve.

For an even cook, turn the schnitzels over halfway through simmering.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of 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. COOK THE CHICKEN

Heat a frypan over medium-high heat with **1 tbsp oil**. Coat chicken with island curry spice mix (see notes). Add to pan along with any excess spice mix. Cook for 3 minutes each side until browned.



3. SIMMER THE SAUCE

Add coconut milk and **1/4 cup water** to pan. Simmer uncovered for 5 minutes or until chicken is cooked through (see notes). Zest lime and add to pan with juice from 1/2 lime.



4. PREPARE THE SALSA

Meanwhile, dice cucumber, apple and tomato. Chop coriander. Toss together.



5. FINISH AND SERVE

Divide rice and island curry chicken among shallow bowls. Top with salsa.



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