

for the  
little onesfresh  
veggiesRice, CURRY Sauce AND  
Chicken Separately

# MILD CURRY Chicken



25 Minutes



2 Servings



Chicken

A perfect mild chicken dish for curry beginners! Served over rice and topped with fresh cucumber and crunchy sugar snap peas.

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## FROM YOUR BOX

BASMATI RICE	150g
CHICKEN STIR-FRY STRIPS	300g
SHALLOT	1
RED CAPSICUM	1
SOUR CREAM	1 tub
SUGAR SNAP PEAS	150g
LEBANESE CUCUMBER	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, ground paprika, curry powder

## COOKING TOOLS

frypan, saucepan

You can opt for a different flavour of the chicken if you prefer! Switch spices for tarragon, oregano, tomato paste or balsamic vinegar.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. COOK the Rice

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

**tip** Use a rice cooker if you have one!



### 2. COOK the chicken & Shallot

Heat a frypan with **oil** over high heat. Add **chicken strips** to cook. Dice and add **shallot**. Cook for 3-5 minutes.



### 3. ADD CAPSICUM & SPICES

Slice and add **capsicum**. Season with **1/2 tsp turmeric, 1 tsp paprika, 2 tsp curry powder, salt and pepper**. Cook for 1-2 minutes.

**tip** For more flavour, add up to 1 tbsp curry powder!



### 4. SIMMER the Sauce

Stir in **sour cream** and **1/2 cup water**. Simmer, covered, over medium-low heat for 8-10 minutes.

**tip** For a dairy-free option you can use coconut milk instead of sour cream.



### 5. PREPARE the TOPPING

Meanwhile, trim **sugar snaps** and dice **cucumber**. Set aside.



### 6. FINISH AND SERVE

Season curry chicken with **salt and pepper** to taste. Serve with rice and fresh toppings at the table.

**tip** We added 1 tsp white wine vinegar to balance the flavour which you can do if needed, or add a squeeze of lemon.