



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Green beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young.



## B4 Chicken Korma Curry

A mild and fragrant chicken curry with fresh tomato and green beans, finished with almond meal and served over basmati rice.

 25 minutes

 4 servings

 Chicken

10 June 2022

## Spice it up!

*Stir through some yoghurt at the end, or use coconut milk instead of water for extra creaminess and richness when cooking the curry. Garnish the curry with fresh chilli for some spice if desired!*

## FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
TOMATOES	2
DICED CHICKEN BREAST	600g
KORMA PASTE	1 sachet
GREEN BEANS	1 bag (250g)
ALMOND MEAL	1 packet (40g)
CHIVES	1 bunch

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, ground turmeric

## KEY UTENSILS

large frypan with lid, saucepan with lid

## NOTES

Use chives to taste. You can stir some sliced chives through the rice or save some for use in another dish.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **1 tbsp oil** and **1 tbsp butter**. Slice onion and wedge tomatoes. Add to pan with **1 tsp turmeric** and cook for 5 minutes until softened.



### 3. ADD CHICKEN AND SIMMER

Stir in diced chicken breast, korma paste and **1 cup water**. Cover and simmer for 10 minutes.



### 4. ADD BEANS AND ALMONDS

Trim and halve beans. Stir through curry along with almond meal. Cover and simmer for 5 minutes. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Finely slice chives (see notes). Serve curry with rice and garnish with chives.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

