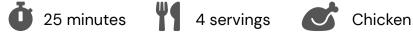




# Creamy Mango Chicken

# with Basmati Rice

Tender chicken pieces cooked in a creamy coconut sauce with mango chutney served on a bed of rice and garnished with cooling diced cucumber.







# Freshen it up!

Serve with a squeeze of lime juice, fresh mint or coriander if you have some!

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
CARROTS	2
DICED CHICKEN THIGHS	600g
MANGO CHUTNEY	1 jar
COCONUT MILK	400ml
LEBANESE CUCUMBERS	2

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can use coconut oil for this dish.

This is a mild creamy coconut curry. You can add some curry powder or ground cumin to further spice the dish.



#### 1. COOK THE RICE

Place rice in a saucepan, cover with **600ml 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. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil** (see notes). Dice onion and slice carrots. Add to pan and cook for 5 minutes until softened.



#### 3. COOK THE CHICKEN

Add chicken to pan with 1 tsp turmeric, 2 tsp ground cardamom, salt and pepper (see notes). Cook until browned.



#### 4. SIMMER THE SAUCE

Stir in 1/4 cup mango chutney and coconut milk. Semi-cover and simmer for 10 minutes.



## **5. PREPARE THE CUCUMBERS**

Meanwhile, dice cucumbers. Set aside.



### 6. FINISH AND SERVE

Season chicken with **salt and pepper** to taste. Divide rice and chicken among bowls. Top with fresh cucumber and add more mango chutney to taste.



**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



