



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Peanuts

Although peanuts have “nut” in their name, they are actually legumes. Just like their relatives peas and beans, they are edible seeds enclosed in a pod.



B4 West African Peanut Chicken Curry

A delicious creamy curry inspired by the West African peanut stew, with sweet potato and chicken simmered in comforting flavours of tomato and peanuts.

 25 minutes

 4 servings

 Chicken

1 April 2022

Spice it up!

Garnish the curry with fresh coriander if you have some! This curry is also delicious served over quinoa, mashed potato or with crusty bread.

FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
ROASTED PEANUTS	80g
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
CHICKEN STIR-FRY STRIPS	600g
SPRING ONIONS	4
BROCCOLI	1
SWEET POTATO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

large frypan with lid, saucepan with lid, stick mixer or blender

NOTES

You can blanch the broccoli and serve on the side of the dish if preferred.



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. BLEND THE SAUCE

Peel and grate ginger. Blend together with peanuts, tomato paste, coconut milk, **1 1/2 tbsp cumin**, and **1 1/2 cups water** using a stick mixer or blender. Season with **salt** to taste.



3. SEAL THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken to pan. Slice and add spring onions (reserve tops for garnish). Cook until sealed.



4. ADD VEGGIES AND SIMMER

Cut broccoli into florets and dice sweet potato (1-2cm). Add to pan as you go along with peanut sauce. Cover and simmer for 12-15 minutes or until sweet potato is tender.



5. FINISH AND SERVE

Adjust seasoning with **salt and pepper** to taste.

Divide rice and curry among bowls. Garnish with reserved spring onion tops.

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**

