



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CARROT

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.

1. CHICKEN TENDERLOINS

WITH SWEET CURRY SAUCE & RICE

 20 Minutes

 2 Servings

Golden chicken tenderloins served with a sweet curry sauce, rice, broccolini and leaves.

FROM YOUR BOX

BASMATI RICE	150g
SHALLOT	1
CARROT	1
CHICKEN STOCK PASTE	1/2 small jar *
CHICKEN TENDERLOINS	300g
BROCCOLINI	1 bunch
MESCLUN LEAVES	1 bag (60g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, curry powder, sugar, flour

KEY UTENSILS

saucepan x 2, frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Add butter as well as oil to the pan when cooking chicken to give the tenderloins a nice golden colour!

If you prefer a smooth sauce, blend just prior to serving!



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes (see step 5). Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE ONION + CARROT

Heat a small saucepan with oil over medium heat. Chop shallot and grate carrot, add to pan as you go and sauté for 5 minutes.



3. SIMMER THE SAUCE

Add 2-3 tsp curry powder, 1/2 tbsp sugar, 1 tbsp flour and stock paste. Stir in 2 cups water and simmer, uncovered, for 10 minutes.



4. COOK THE CHICKEN

Heat a frypan with oil (see notes) over medium heat and cook chicken tenderloins for 3-4 minutes on each side or until cooked through. Season with salt and pepper.



5. ADD BROCCOLINI TO THE RICE

Halve broccolini and place on top of the rice for the last 5 minutes to steam.



6. FINISH AND PLATE

Adjust the seasoning of the sauce with salt and pepper to taste (see notes).

Serve chicken tenderloins and sauce over rice with a side of broccolini and leaves.