



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

 4 Servings

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

## FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1/2 *
CARROT	1
CHICKEN STOCK PASTE	1/2 small jar *
CHICKEN TENDERLOINS	600g
BROCCOLINI	1 bunch
BABY BEET & LEAVES	1 bag (180g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

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

## KEY UTENSILS

saucepan x 2, large 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 onion 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 large 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.