




Product Spotlight: Desiccated Coconut


Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



2 Chicken Rendang Curry

A flavourful coconut curry with hints of ginger and kaffir lime, served with fragrant red rice and fresh cucumber on the side.

 30 minutes

 2 servings

 Chicken

3 August 2020

Spice it up!

Add some chopped lemongrass, garlic or 1/2 tsp ground chilli to the paste for extra flavour. Garnish with spring onions, fresh coriander or chopped roasted peanuts if you have any.

Per serve: **PROTEIN** 40g **TOTAL FAT** 43g **CARBOHYDRATES** 79g

FROM YOUR BOX

RED RICE	150g
RED ONION	1/2 *
GINGER	40g
KAFFIR LIME LEAVES	2
CHICKEN THIGH FILLETS	300g
ZUCCHINI	1/2 *
CARROT	1
COCONUT MILK	165ml
DESICCATED COCONUT	1 packet (30g)
CONTINENTAL CUCUMBER	1/3 *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), ground turmeric, salt and pepper

KEY UTENSILS

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

NOTES

Use melted coconut oil or a neutral flavoured oil in the paste if you can.

Watch the coconut carefully and remove from heat as it starts to colour. It will continue cooking in the pan.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



4. SIMMER THE CURRY

Slice zucchini and carrot into crescents, add to pan as you go. Pour in coconut milk and **1/3 cup water**. Cover and simmer for 10 minutes.



2. BLEND THE PASTE

Roughly chop onion, peel and grate ginger. Slice lime leaves. Blend together with **1 tbsp soy sauce**, **2 tsp turmeric** and **2 tbsp oil** (see notes) using a stick mixer or blender.



5. TOAST THE COCONUT

Meanwhile, toast desiccated coconut in a dry frypan over medium heat for 1–2 minutes until golden (see notes). Remove from heat.

Slice cucumber into rounds.



3. SAUTÉ THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Dice and add chicken thigh fillets. Cook for 3–4 minutes until browned. Stir in curry paste and cook for a further 5 minutes until fragrant.



6. FINISH AND PLATE

Stir toasted coconut through curry. Squeeze in lemon juice and season with **salt and pepper**. Divide rice, chicken curry and sliced cucumber among plates.

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

