



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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](mailto:hello@dinnertwist.com.au)

