



### Product Spotlight: Pappadums

Milled legumes, like chickpeas or lentils, are usually the main ingredients in pappadums. But, depending on where in India they're from, they can also be made from potatoes or rice and tapioca flours.



## Chicken Khorma Curry with Pappadums

Diced chicken breast in khorma curry paste, with vegetables, served with pappadums.

### Bulk it up!

*This khorma curry would pair well with cooked rice, raita, naan bread, lentil dhal or Bombay potatoes.*



30 minutes



4 servings



Chicken

26 May 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	11g	31g

## FROM YOUR BOX

DICED CHICKEN BREAST	600g
TOMATOES	2
KHORMA CURRY PASTE	2 sachets
CARROTS	2
BROCCOLI	1
PAPPADUMS	1 packet (113g)
ALMOND MEAL	40g
CORIANDER	1 packet (10g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan

## NOTES

It is quickest to cook the pappadums in the microwave according to the packet instructions; this also uses less oil.



### 1. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken and cook for 3-5 minutes until brown.



### 2. ADD THE CURRY PASTE

Roughly chop tomatoes, add to pan as you go along with khorma curry paste. Sauté in pan for 2-3 minutes.



### 3. ADD THE VEGETABLES

Slice carrots, and cut broccoli into florets, add to pan as you go along with **1 1/2 cups water**. Simmer for 10-12 minutes.



### 4. COOK THE PAPPADUMS

Cook the pappadums according to the preferred method on the packet (see notes).



### 5. ADD THE ALMOND MEAL

Stir almond meal through curry. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide even amounts of curry into shallow bowls, top with fresh coriander and serve with pappadums.



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