



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: No Worries Curries

This Australian-based company makes fresh, authentic spice mixes from premium ingredients. The Kerala spice mix contains no colours, preservatives, added salt or fillers like gluten.



## 2 Chicken Kerala Curry with Brown Rice

Kerala is located in southwestern India. This family-friendly chicken and cauliflower Kerala curry features traditional spices, creamy coconut milk, and is served on a bed of nutty brown rice.

 30 minutes

 2 servings

 Chicken

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### Garnishes galore

Get creative when serving this mild curry; we love adding toppings like toasted cashews, sliced chillies, toasted coconut flakes, fried shallots, fresh coriander, or salted peanuts.

## FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1/2 *
CHICKEN BREAST	300g
KERALA CURRY SPICE MIX	1 sachet
CAULIFLOWER	1/2 *
ZUCCHINI	1/2 *
GREEN BEANS	1/2 bag (75g) *
COCONUT MILK	400ml
LIME	1
CHIVES	1/3 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can also use the cauliflower stalk! Dice or grate it for the best results.



### 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.



### 2. COOK THE CHICKEN

Heat a large frypan with **oil**. Slice and add onion, cook for 3–4 minutes. Dice chicken and add to pan along with spice mix.



### 3. ADD THE VEGETABLES

Cut cauliflower into florets (see notes), Dice zucchini and cut beans into 3 cm pieces. Add to pan as you go with coconut milk and **1/4 tin water**. Cover and simmer for 10 minutes.



### 4. SEASON THE CURRY

Season curry with **1/2 tbsp soy sauce**, juice from 1/2 lime (wedge remaining) and **pepper** to taste.

Chop chives.



### 5. FINISH AND PLATE

Serve rice in bowls and top with curry. Finish with chives and a lime wedge.

**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)

