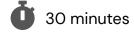




# **Chicken Kerala Curry**

# 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.





4 servings



# 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	300g
BROWN ONION	1
CHICKEN BREAST	600g
KERALA CURRY SPICE MIX	2 sachets
CAULIFLOWER	1/2 *
CARROT	1
GREEN BEANS	1/2 bag (125g) *
COCONUT MILK	400ml
LIME	1
CHIVES	1/3 bunch *

<sup>\*</sup>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 2 tbsp 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), slice carrot and cut beans into 3 cm pieces. Add to pan as you go with coconut milk and 1 tin water. Cover and simmer for 10 minutes.



# 4. SEASON THE CURRY

Season curry with 1 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.



