



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



4 servings



Chicken

23 July 2021

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 *

**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.

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**

