



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Mango


Mango is in season, and we can't get enough! Juicy, sweet, and grown right here in sunny WA. Just one serving is jam-packed with vitamins C, A, K and B6.



## 2 Creamy Curried Chicken Cups

Crispy lettuce, poached chicken, juicy mango, curried yoghurt and satisfying rice.

 30 minutes

 4 servings

 Chicken

7 December 2020

## Make a salad

*Poach and shred chicken as per recipe, then mix with cooked rice, sliced lettuce and spring onions, diced mango, chopped celery and snow pea sprouts. Make a dressing with yoghurt, olive oil, salt and pepper, or go lighter by mixing olive oil, vinegar, salt and pepper.*

## FROM YOUR BOX

BASMATI RICE	300g
CHICKEN BREAST FILLET	600g
NATURAL YOGHURT	3/4 cup *
CELERY STICKS	2
SPRING ONIONS	1/4 bunch *
MANGO	1
CARROT	1
COS LETTUCE	2-pack
SNOW PEA SPROUTS	1/2 punnet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

salt, pepper, curry powder

## KEY UTENSILS

2 saucepans

## NOTES

Use the rice container to easily measure the right amount of water for cooking.

Curry powders vary greatly in strength. Use yours to taste.

Reduce the amount of spring onions for a milder flavour. You could also add the white tops to the poaching water instead.



### 1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



### 2. POACH THE CHICKEN

Halve chicken breasts lengthways. Place in a saucepan along with **salt and 1-2 tsp curry powder** (see notes). Cover with water, bring to a simmer and cook, covered, for 15 minutes or until cooked through (see step 5).



### 3. PREPARE THE FILLING

Combine 3/4 cup yoghurt and **1-2 tsp curry powder** in a large bowl. Slice celery and spring onions (see notes), dice mango, julienne (or grate) carrot. Add to bowl and set aside.



### 4. PREPARE LETTUCE CUPS

Separate and rinse lettuce leaves. Set aside with halved snow pea sprouts.



### 5. SHRED THE CHICKEN

Remove cooked chicken from saucepan and thinly slice or shred using two forks. Add to bowl with filling and stir to combine. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Fill the lettuce cups at the table with rice and curried chicken. Top with snow pea sprouts.

**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)

