



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coconut milk

Coconut milk is great in both sweet and savoury cooking. For a fun kitchen experiment, try making a sweet coconut rice pudding!





SCAN FOR
RECIPE



2 Mild Turmeric & Coconut Chicken

Tender free-range chicken and wholesome vegetables cooked in a mild curry-style coconut sauce, all served on a bed of fragrant basmati rice.

 30 minutes

 4 servings

 Chicken

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Empty the fridge

Got leftover veggies hanging around in the back of the fridge? You can add them to this dish in step 3! Great veggies to add include zucchini, capsicum, pumpkin, or green beans.

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
GINGER	1 piece
DICED CHICKEN BREAST	600g
CARROTS	2
COCONUT MILK	400ml
BROCCOLI	1
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, ground turmeric, ground cumin (see notes), soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Don't have (or don't like) cumin or turmeric? Replace the spices with curry powder or curry paste of choice!

Use the rice tub to easily measure the right amount of water.

To reduce food waste, use the broccoli stem too! Simply grate or finely chop it and add to the frypan with the veggies.



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. FRY THE ONION

Heat a frypan with **2 tbsp oil** over medium–high heat. Slice and add onion, cook for 3 minutes. Grate and add ginger with **1 tbsp turmeric** and **1/2 tbsp cumin**. Cook for 2 minutes



3. ADD THE CHICKEN

Add chicken to pan and cook for 2 minutes. Slice and add carrots with coconut milk and **1 tin water**. Cover and simmer for 10 minutes.



4. ADD THE BROCCOLI

Cut broccoli into florets (see notes) and add to pan. Cook for a further 3 minutes. Season to taste with **pepper and soy sauce**.



5. FINISH AND PLATE

Roughly chop coriander.

Serve rice in bowls and top with chicken. Sprinkle over coriander to taste.

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**

