



**Product Spotlight:
Island Curry Spice Mix**

A warming coconut flavour featuring cumin, coconut, turmeric, coriander, WA desert lime, ginger and chilli. This versatile mix goes well with most proteins and even roasted veggies.



Island Curry Laksa with Chicken

Mild in spice but full of flavour, this laksa is made using GH Produce’s Island Curry spice mix and is served over rice noodles, topped with seared chicken, fresh vegetables and finished with lime.



25 minutes



2 servings



Chicken

Spice it up!

You can add more flavour to the broth with grated ginger, kaffir lime leaves or crushed garlic. Use a chicken stock cube or stock paste for the broth if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	44g	78g

FROM YOUR BOX

RICE NOODLES	1 packet
BROWN ONION	1
ISLAND CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml
CHICKEN SCHNITZELS	300g
RED CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
LIME	1

FROM YOUR PANTRY

oil for cooking, soy sauce

KEY UTENSILS

large frypan, saucepan, saucepan with lid

NOTES

Rinsing the noodles with cold water will stop the cooking process; this prevents your noodles from overcooking in the broth.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until cooked al dente. Drain and rinse well with cold water (see notes).



2. SIMMER THE BROTH

Heat a saucepan over medium heat with **oil**. Slice and add **onion** along with **spice mix**. Cook for 5 minutes until fragrant. Pour in **coconut milk** and **3 cups water**. Semi-cover and simmer for 10 minutes.



3. COOK THE CHICKEN

Coat **chicken** with **1/2 tbsp soy sauce**. Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side or until cooked through.



4. PREPARE THE TOPPINGS

Meanwhile, dice **capsicum** and **cucumber**. Julienne or ribbon **carrot** using a vegetable peeler. Slice cooked chicken.



5. FINISH AND SERVE

Season broth with **lime** zest, juice from 1/2 lime (wedge remaining) and **1-2 tbsp soy sauce**. Divide among bowls with noodles, chicken and toppings. Serve with lime wedges.



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