



Product Spotlight: Chicken Stock Paste

Urban Forager chicken stock paste uses 100% Australian ingredients, is locally produced and is made with real chicken and vegetables!



Spice it up!

This is a mild and family-friendly curry. If you prefer a little more spice or a boost of flavour, add extra ground chilli, curry powder, garam masala and curry leaves if you have some.

Coconut Chicken Curry

with Sweet Potato

A mild and creamy coconut curry with diced chicken breast, tomato and sweet potato, served over fluffy basmati rice and finished with fresh coriander.



30 minutes



2 servings



Chicken

Per serve: **PROTEIN** 56g **TOTAL FAT** 27g **CARBOHYDRATES** 122g

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
DICED CHICKEN BREAST	300g
GINGER	1 piece
CHICKEN STOCK PASTE	1 jar
SWEET POTATO	500g
TOMATO	1
ZUCCHINI	1
COCONUT MILK	400ml
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, black mustard seeds, ground chilli (optional)

KEY UTENSILS

large frypan with lid, saucepan with lid

NOTES

You can use coconut oil to cook this dish for added fragrance.

Use a teaspoon to peel the ginger.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil** (see notes). Slice onion and add to pan with chicken. Cook for 5 minutes until browned.



3. ADD THE AROMATICS

Peel and grate ginger (see notes). Add to pan with 1 tsp stock paste, **2 tsp ground coriander**, **1 tsp mustard seeds** and **1/4 tsp ground chilli** (optional). Cook for 1-2 minutes until fragrant.



4. SIMMER THE VEGETABLES

Dice and add sweet potato, tomato and zucchini (2-3cm pieces). Add to pan along with coconut milk and **1/2 cup water**. Cover and simmer for 15-20 minutes until potatoes are tender.



5. . FINISH AND SERVE

Season curry to taste with **salt** and **pepper**. Chop coriander and use to garnish. Serve with rice.



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