

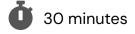




# **Coconut Chicken Curry**

# 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.





4 servings



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.

PROTEIN TOTAL FAT CARBOHYDRATES 53g

### **FROM YOUR BOX**

| BASMATI RICE         | 300g     |
|----------------------|----------|
| BROWN ONION          | 1        |
| DICED CHICKEN BREAST | 600g     |
| GINGER               | 1 piece  |
| CHICKEN STOCK PASTE  | 1 jar    |
| SWEET POTATO         | 500g     |
| TOMATOES             | 2        |
| 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 stock paste, 2 tsp ground coriander, 2 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, tomatoes and zucchini (2-3cm pieces). Add to pan along with coconut milk and **1 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.

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



