



### 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!



## 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.



35 minutes



4/6 servings



Chicken

## 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.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 18g/30g **CARBOHYDRATES** 83g/97g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	1
DICED CHICKEN BREAST	600g	600g + 300g
GINGER	1 piece	2 pieces
CHICKEN STOCK PASTE	1 jar	1 jar
SWEET POTATO	500g	1kg
TOMATOES	2	3
ZUCCHINI	1	1
COCONUT MILK	400ml	2 x 400ml
CORIANDER	1 packet	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, black mustard seeds (see notes), 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.

If you don't have mustard seeds, you can use cumin seeds of 1 tsp ground cumin.



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### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

**6P** - cover rice with 900ml water.



### 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.

**6P** - use 3 tsp ground coriander, 3 tsp mustard seeds and 1/4-1/2 tsp ground chilli (optional).



### 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 **sweet potato** is tender.

**6P** - use 2 x coconut milk and 1 tin water (400ml).



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

