




### Product Spotlight: Brown Rice


What's the difference between brown and white rice? When the first outer layer, husk of rice is removed, you get brown rice. When you further mill it and remove bran and germ layer, then polish it, you get white rice.



## Green Chicken Curry with Brown Rice

Homemade green curry sauce with kaffir lime leaves, coriander, coconut milk and a hint of chilli cooked with chicken breast pieces and served over wholesome brown rice with your daily dose of greens.

 35 minutes

 2 servings

 Chicken

## Switch up the veg!

*Switch up the greens for roasted eggplant, zucchini, carrot, capsicum or bean shoots for some variation! You can serve this curry with rice noodles if you prefer.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 36g **CARBOHYDRATES** 44g

## FROM YOUR BOX

BROWN RICE	150g
KAFFIR LIME LEAVES *	2
BROWN ONION	1
GINGER	1 piece
CORIANDER	1 packet
COCONUT MILK	400ml
DICED CHICKEN BREAST	300g
GREEN BEANS	150g
BROCCOLI	1
LIME	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, chilli flakes, fish sauce (or soy sauce)

## KEY UTENSILS

saucepan, frypan with lid, stick mixer or blender

## NOTES

Add the lime zest to the curry for extra flavour if desired.

\*please note the kaffir lime leaves will be loose in your box.



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### 1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. BLEND THE SAUCE

Slice **lime leaves** (remove stem and core). Chop **onion**, peel and grate **ginger**, chop **coriander stems and roots** (reserve leaves). Blend together with **coconut milk**, **1 tsp chilli flakes** and **1 tbsp fish sauce** until smooth using a stick mixer or blender.



### 3. COOK THE CHICKEN

Heat a frypan with **oil** over medium–high heat. Add **chicken** to pan. Season with **salt and pepper**. Cook for 5–6 minutes or until golden.



### 4. SIMMER THE CURRY

Trim **beans** and cut into thirds, and **broccoli** into florets. Add to pan along with **prepared sauce**. Cover and simmer for 6–8 minutes. Squeeze in **1/2 lime juice** (see notes) and **wedge remaining**.



### 5. FINISH AND SERVE

Season **curry** to taste with **fish sauce** (we used 1/2 tbsp).

Divide **rice** and **curry** among bowls. Garnish with reserved **coriander** and serve with **lime wedges**.

**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**

