



Product Spotlight: Curry Leaves


Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Sri Lankan Chicken Curry with Crisp Curry Leaves

Chicken thigh fillets cooked in a luscious coconut milk curry, flavoured with a custom-blend spice mix, and served over nutty brown rice with crispy curry leaves.

 30 minutes

 2 servings

 Chicken

Spice it up!

Finish this dish with slices of red or green chilli to spice it up! You can also garnish with flaked coconut and cashews.

Per serve: **PROTEIN** 44g **TOTAL FAT** 42g **CARBOHYDRATES** 58g

FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1
GINGER	1 piece
SRI LANKAN SPICE MIX	1 packet
CURRY LEAF FROND	1
CHICKEN THIGH FILLETS	300g
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
TINNED COCONUT MILK	400ml
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

We used coconut oil for extra flavour.

For extra flavour, you can add a crumbled stock cube, or replace the water with liquid stock. If desired; season the curry with extra spices or ground chilli powder.

Sri Lankan spice mix: ground turmeric, ground cumin, ground coriander, ground cinnamon, ground cardamom and smoked paprika.



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1. COOK THE RICE

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



2. MAKE THE CURRY PASTE

Peel and roughly chop **onion** and **ginger**. Add to a jug along with **spice mix**. Use a stick mixer to blend to a smooth paste (add a little oil or water if needed).



3. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil** (see notes). Add **curry leaves** to crisp for 2 minutes and remove to a plate.

Season **chicken** with **salt and pepper**. Add to pan and cook for 2-3 minutes each side until browning begins.



4. ADD THE VEGETABLES

Add **curry paste** to frypan along with **1/2 crispy curry leaves**. Cook, stirring, for 1-2 minutes until fragrant. Dice **capsicum** and add to pan along with **cherry tomatoes**.



5. SIMMER THE CURRY

Pour in **coconut milk** and **1/4 tin water** (see notes). Stir to combine. Simmer, semi-covered, for 10 minutes.

Squeeze in **juice of 1/2 lemon** (wedge remaining). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **rice** among shallow bowls. Ladle over **curry** and **chicken thigh fillets**. Garnish with **remaining curry leaves** and **lemon wedges**.

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