




### Product Spotlight: Pappadums


Milled legumes, like chickpeas or lentils, are usually the main ingredients in pappadums. But, depending on where in India they're from, they can also be made from potatoes or rice and tapioca flours.



## Chicken Khorma Curry with Pappadums

A warming and nourishing chicken khorma curry with sweet potato, zucchini and capsicum served with crunchy pappadums.

 35 minutes

 4 servings

 Chicken

## Add some sides!

*This khorma curry would pair well with cooked rice, raita or naan breads!*

Per serve: **PROTEIN** 52g **TOTAL FAT** 30g **CARBOHYDRATES** 54g

## FROM YOUR BOX

DICED CHICKEN BREAST	600g
BROWN ONION	1
KHORMA CURRY PASTE	2 sachets
SWEET POTATO	600g
ZUCCHINI	1
GREEN CAPSICUM	1
COCONUT MILK	400ml
PAPPADUMS	1 packet
ALMOND MEAL	25g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan with lid

## NOTES

It is quickest to cook the pappadums in the microwave according to the packet instructions; this also uses less oil.



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### 1. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken and cook for 3-5 minutes until golden.



### 2. ADD THE CURRY PASTE

Slice and add onion, cook for 2 minutes. Stir in khorma curry paste and cook for further 1-2 minutes.



### 3. ADD THE VEGETABLES

Roughly chop sweet potato and zucchini, slice capsicum. Add to pan as you go with coconut milk and **1/2 tin water**. Cover and simmer for 15 minutes.



### 4. COOK THE PAPPADUMS

In the meantime, cook the pappadums according to the preferred method on the packet (see notes).



### 5. STIR IN ALMOND MEAL

Stir in almond meal to chicken curry and season to taste with **salt and pepper**. Add a little more water if needed.



### 6. FINISH AND SERVE

Divide even amounts of curry into shallow bowls. Serve with pappadums.

**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**

