



**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 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g	36g/48g	44g/48g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
KAFFIR LIME LEAVES *	2	3
BROWN ONION	1	2
GINGER	1 piece	1 piece
CORIANDER	1 packet	2 packets
COCONUT MILK	400ml	2 x 400ml
DICED CHICKEN BREAST	600g	600g + 300g
GREEN BEANS	250g	250g
BROCCOLI	1	2
LIME	1	2

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large 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.

6P - blend together with coconut milk, 2 tsp chilli flakes and 2 tbsp fish sauce.



3. COOK THE CHICKEN

Heat a large 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**.

6P - squeeze in juice from 1 lime (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**

