




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

 4 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	TOTAL FAT	CARBOHYDRATES
	36g	23g	40g

FROM YOUR BOX

BROWN RICE	300g
BROWN ONION	1
GINGER	1 piece
SRI LANKAN SPICE MIX	1 packet
CURRY LEAF FRONDS	2
CHICKEN THIGH FILLETS	600g
GREEN CAPSICUM	1
CHERRY TOMATOES	2 x 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.

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 pan, 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 **1/2 tin water**. 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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