



### 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** 41g **TOTAL FAT** 48g **CARBOHYDRATES** 79g

## 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.

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 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** (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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