

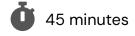




Roast Massaman Chicken

with Pineapple Salad

A finger-licking share platter with a tropical feel! Split roast chicken with a Thai massaman marinade, served with coconut rice and a fresh pineapple, mint and cucumber salad.







BBQ it!

You can cook the chicken on a low setting on the BBQ with the hood down; this will give the chicken a lovely charred flavour!

TOTAL FAT CARBOHYDRATES

57g 67g

143g

FROM YOUR BOX

SPLIT CHICKEN	1/2
MASSAMAN CURRY PASTE	1 sachet
BASMATI RICE	150g
COCONUT MILK	165ml
PINEAPPLE	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
MINT	1 packet
LIME	1
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

salt

KEY UTENSILS

oven tray, saucepan with lid

NOTES

Slashing the chicken helps reduce the cook time in the oven as well as allowing more surface area for the marinade.

We recommend using 1/2 the pineapple for this salad. Save any leftovers for a fruit salad or blend into smoothies!





1. COOK THE CHICKEN

Set oven to 220°C.

Slash **chicken** to the bone (see notes). Coat with **massaman curry paste** and season with **salt**. Place on a lined oven tray and roast for 35-40 minutes or until cooked through.



2. COOK THE RICE

Place **rice** and **coconut milk** in a saucepan. Add **1 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



3. PREPARE THE SALAD

Dice 1/2 pineapple, capsicum and cucumber (see notes). Slice mint leaves. Toss with lime zest and juice from 1/2 lime (wedge remaining).



4. FINISH AND SERVE

