



### Product Spotlight: Pineapple

This essential summer fruit is high in vitamin C. Australian pineapples are picked at their peak, so there is no waiting time for them to ripen and enjoy.



## 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.



45 minutes



2 servings



Chicken

### 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!*

Per serve: **PROTEIN** 57g **TOTAL FAT** 67g **CARBOHYDRATES** 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!



Scan the QR code to  
submit a Google review!



## 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.



## 4. FINISH AND SERVE

Garnish rice and chicken with **fried shallots**. Serve with pineapple salad and lime wedges.



## 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).

**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**

