



### Product Spotlight: Bean Shoots

To refresh your bean shoots, place them in a large bowl and cover them with water. Keep them refrigerated until you are ready to use them.



## Slow Cook Thai Peanut Chicken with Jasmine Rice

Creamy, peanut flavour infused chicken cooked long and slow, served over jasmine rice topped with fresh bean shoots, coriander, lime wedges and crunchy peanuts.



15 minutes + 3 hours slow cook



Chicken



2 servings

## Cook it quicker!

*You can cook this curry in a large pan on the stove top instead if you prefer! Brown the chicken thighs, add remaining ingredients for the sauce with some extra water and simmer for 20 minutes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	56g	58g

## FROM YOUR BOX

PEANUT BUTTER SLUGS	3
THAI TURMERIC SPICE MIX	1 tub
COCONUT MILK	165ml
BROWN ONION	1
RED CAPSICUM	1
CHICKEN THIGH FILLETS	300g
LIME	1
PEANUTS	40g
CORIANDER	1 packet
JASMINE RICE	150g
BEAN SHOOTS	1 bag

## FROM YOUR PANTRY

soy sauce, sugar (of choice), chilli flakes (optional)

## KEY UTENSILS

saucepan, slow cooker

## NOTES

Place the peanut slugs in warm (not hot) water for a couple of minutes to make it easier to squeeze out the peanut butter.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

*Thai turmeric spice mix: ground turmeric, ground ginger, ground cumin, ground coriander, dried kaffir lime leaves, coconut sugar*



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### 1. MAKE THE SAUCE

Start your slow cooker.

Add peanut butter (see notes), Thai turmeric spice mix, coconut milk and **2 tbsp soy sauce**. Stir to combine.



### 2. ADD THE VEG & CHICKEN

Dice or slice onion and capsicum. Halve chicken thigh fillets. Add to slow cooker and toss to coat in sauce. Cook on high for 4 hours (or for 5-6 hours on low heat).



### 3. PREPARE THE GARNISH

Zest and wedge 1/2 lime. Roughly chop peanuts and coriander. Keep separate, set aside.



### 4. COOK THE RICE

Place rice in a saucepan, cover with **275ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.



### 5. FINISH AND SERVE

Season peanut chicken with reserved lime zest, 1/2 lime juice, **1-2 tsp sugar** and **1 tbsp soy sauce** (to taste).

Serve chicken over rice with bean shoots. Garnish with coriander, peanuts and a lime wedge. Sprinkle with **chilli flakes** to taste (optional).

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