



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



4 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!

FROM YOUR BOX

SPLIT CHICKEN	1
MASSAMAN CURRY PASTE	2 sachets
BASMATI RICE	300g
COCONUT MILK	400ml
PINEAPPLE	1
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
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.



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 1/2 cups 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 pineapple, capsicum and cucumbers. Slice mint leaves. Toss with lime zest and juice from 1/2 lime (wedge remaining).



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