



### 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!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 55g     | 67g       | 107g          |

## 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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