



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.




Thai Peanut Chicken

with Jasmine Rice

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

 35 minutes

 Chicken

 4/6 servings

Slow Cook it!

Omit the extra water and slow cook the chicken with coconut milk, spices, peanut butter and vegetables for 3-4 hours!

| Per serve | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 39g | 30g | 77g/82g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|-------------------------|----------|-------------|
| JASMINE RICE | 300g | 300g + 150g |
| DICED CHICKEN BREAST | 600g | 600g + 300g |
| BROWN ONION | 1 | 1 |
| RED CAPSICUM | 1 | 2 |
| THAI TURMERIC SPICE MIX | 1 packet | 1 packet |
| PEANUT BUTTER | 2 x 20g | 3 x 20g |
| COCONUT MILK | 400ml | 400ml |
| LIME | 1 | 2 |
| PEANUTS | 40g | 2 x 40g |
| CORIANDER | 1 packet | 1 packet |
| BEAN SHOOTS | 1 bag | 1 bag |

FROM YOUR PANTRY

soy or fish sauce, sugar, chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

Use fish sauce if you have for a more authentic Thai flavour.

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



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1. COOK THE RICE

Place rice in a saucepan, cover with **550ml 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.

6P – use 825ml water for the rice.



4. SIMMER THE CHICKEN

Add **peanut butter, coconut milk, 1/2 cup water** and **1 tbsp soy or fish sauce**. Stir to combine and simmer, semi-covered, for 10–12 minutes.



2. BROWN THE CHICKEN

Heat a large pan with **oil** over high heat. Add **chicken** to sear on each side.



5. PREPARE THE GARNISH

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



3. ADD THE VEGETABLES

Meanwhile, dice or slice **onion** and **capsicum**. Reduce heat to medium and add to pan. Cook for further 4–5 minutes then stir in **Thai turmeric spice mix**.



5. FINISH AND SERVE

Season **peanut chicken** with **lime zest, 1/2 lime juice, 1–2 tsp sugar** and **extra soy or fish 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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