




Product Spotlight: Jasmine Rice


Jasmine rice is named after the fragrant jasmine flower due to its similar fragrance. It is a long-grain variety of rice and has a slightly sticky texture.



Spicy Chicken Marylands with Cashew Nuts & Ginger

Chicken Marylands roast in a fragrant coconut, ginger and cashew sauce, served over jasmine rice and topped with crisp sugar snaps and toasted coconut.

 60 minutes

 2 servings

 Chicken

Slow cook this!

You can cook the chicken Marylands with the sauce, sweet potato and onion in the slow cooker if you prefer!

Per serve: **PROTEIN** 47g **TOTAL FAT** 54g **CARBOHYDRATES** 69g

FROM YOUR BOX

COCONUT MILK	400ml
TOMATO PASTE	1 sachet
ROASTED CASHEW NUTS	60g
GINGER	1 piece
BROWN ONION	1
RED CHILLI	1
SWEET POTATO	400g
CHICKEN MARYLANDS	2-pack
JASMINE RICE	150g
SUGAR SNAP PEAS	150g
SHAVED COCONUT	20g

FROM YOUR PANTRY

oil for cooking, salt, brown sugar (or other), ground cumin, ground turmeric

KEY UTENSILS

large oven dish, stick mixer (or processor), frypan, saucepan

NOTES

You can switch up the sides and serve chicken with crispy fried potatoes, warm flatbreads or alongside a vegetable side such as green beans, broccoli or cauliflower.



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1. MAKE THE SPICE PASTE

Set oven to 220°C.

In a jug, combine **coconut milk**, **tomato paste**, **30g cashew nuts**, **1 1/2 tbsp sugar**, **1 tbsp cumin** and **1/2 tsp salt**. Peel and chop **ginger**, **1/4 onion** and **1/2 red chilli**, then blend everything with a stick mixer until smooth.



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.



2. PREPARE THE VEGETABLES

Slice **sweet potato** (1cm) and wedge **remaining onion**. Arrange in an oven dish.



3. ROAST THE CHICKEN

Slash each **chicken Maryland** 2–3 times. Rub with **oil**, **1 tsp cumin**, **1/2 tsp turmeric** and **salt**. Place over the **vegetables** and pour over the **spice paste**. Roast for 35–45 minutes, or until golden and cooked through.



5. PREPARE THE GARNISH

Trim and halve **sugar snap peas**.
Toast **coconut** in a dry frypan until golden.
Slice remaining **chilli** (deseed if preferred) and chop **remaining cashews**. Combine with **toasted coconut** in a bowl.



6. FINISH AND SERVE

Serve the **chicken** and **sauce** over **jasmine rice**, with **sugar snap peas** and toasted **coconut cashew mix** (see notes).

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