



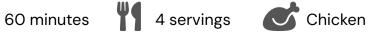


Spicy Chicken Marylands

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.







Slow cook this!

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

TOTAL FAT CARBOHYDRATES

67g

FROM YOUR BOX

COCONUT MILK	400ml
TOMATO PASTE	1 sachet
ROASTED CASHEW NUTS	100g
GINGER	40-50g
BROWN ONION	1
RED CHILLI	1
SWEET POTATO	400g
CHICKEN MARYLANDS	4
JASMINE RICE	300g
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.





1. MAKE THE SPICE PASTE

Set oven to 220°C.

In a jug, combine coconut milk, tomato paste, 50g cashew nuts, 11/2 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 **600ml 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, 1-2 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 in a bowl.



6. FINISH AND SERVE

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

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