



### 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



4 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	TOTAL FAT	CARBOHYDRATES
	79g	64g	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.



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### 1. MAKE THE SPICE PASTE

Set oven to 220°C.

In a jug, combine **coconut milk**, **tomato paste**, **50g 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 **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.



### 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.



### 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.



### 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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