



### Product Spotlight: Island Curries

Based in Tasmania, Island Curries make quality curry pastes using the best ingredients. Their products are full of flavour, gluten and allergen-free, with no added preservatives.



## Bengal Chicken Bunny Chow

A mild, aromatic chicken curry with coconut milk and sweet potato, spooned into hollowed bread rolls so the sauce soaks into the bread. Finished with fresh cucumber, coriander and crunchy almonds, this dish is best enjoyed by pulling apart the roll and scooping up every saucy bite.



35 minutes



4/6 servings



Chicken

## Switch it up!

*You can serve the curry with rice instead and save the rolls for lunch another day! Garnish with a dollop of fresh yoghurt and squeeze of lemon juice.*

Per serve : **PROTEIN** 35g **TOTAL FAT** 24g **CARBOHYDRATES** 65g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
TOMATOES	2	3
SWEET POTATO	400g	400g
BENGAL CURRY PASTE	2 sachets	2 sachets
DICED CHICKEN THIGHS	600g	600g + 300g
SULTANAS	1 packet	1 packet
COCONUT MILK	165ml	165ml
LEBANESE CUCUMBERS	2	2
CORIANDER	1 packet	2 packets
FLAKED ALMONDS	40g	2 x 40g
WHOLEMEAL BURGER BUNS	4	6

## FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar

## KEY UTENSILS

large frypan with lid, oven tray, small frypan

## NOTES

Toss with lemon juice or lime juice

**No gluten option – wholemeal burger buns are replaced with GF burger buns**

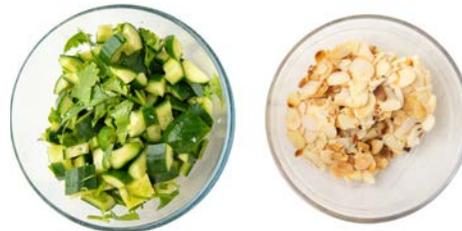


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### 1. SAUTÉ THE AROMATICS

Set oven to 200°C.  
Dice **onion**, **tomatoes** and **sweet potato**. Add to a frypan over medium-high heat with **oil**. Stir in **curry paste** and cook for 5 minutes until softened.



### 4. PREPARE THE TOPPINGS

Deseed and dice **cucumbers**. Chop **coriander**. Toss together with **1 tbsp red wine vinegar**.  
Toast **almonds** in a dry frypan for 3–5 minutes until golden. Set aside.



### 2. ADD THE CHICKEN

Add **diced chicken thighs** to pan and season with **salt**. Cook for 2 minutes until sealed.



### 5. TOAST THE ROLLS

Cut top from **burger buns** and gently remove **soft bread** inside, leaving a thick shell. Toast in oven for 5 minutes until crusty.



### 3. SIMMER THE CURRY

Stir in **sultanas** and **coconut milk**. Cover and simmer for 8–10 minutes. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Divide **buns** among plates and carefully spoon in **chicken curry**. Serve with **cucumber and coriander topping**, sprinkle with **almond flakes**.

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