



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Coconut Chicken and Rice

Creamy coconut and turmeric chicken on a bed of rice with
a side of fresh cucumber and tomato.



25 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
LEBANESE CUCUMBER	1	2
TOMATOES	2	3
CHICKEN TENDERLOINS	600g	600g + 300g
COCONUT MILK	165ml	2 x 165ml

FROM YOUR PANTRY

oil for cooking, ground turmeric (see notes), fish sauce (or soy sauce)

NOTES

The tomatoes can be cooked in pan if preferred.

You could use a curry powder or curry paste to add flavour to the chicken instead.

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This recipe has simplified instructions to help lower your meal cost.

1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – Place rice in a saucepan, cover with 900ml water.

TIP *You can use the coconut milk along with 2 cups water to cook the rice to make coconut rice. (For 6P – use 2 x 165ml and 3 cups water)*

2. PREPARE THE VEGETABLES

Slice **cucumber** and wedge **tomatoes** (see notes). Set aside.

TIP *You can dice the vegetables and add spring onion, shallot, coriander or fruit to create a salsa. Dress with lime juice if you have some. Fresh sliced radishes or bean shoots can also be added to bulk up the salad.*

3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **2–3 tsp turmeric** and **1–2 tsp fish sauce**. Cook in pan for 3–4 minutes each side. Pour in **coconut milk** and **1/2 tbsp fish sauce** (or more to taste). Cook for 1–2 minutes until warmed through.

TIP *You can add some kaffir lime leaves, crushed garlic, grated ginger or chopped lemongrass to the chicken for extra flavour if you have some. We coated the chicken with 2 tsp ground cumin.*

4. FINISH AND SERVE

Divide **rice**, **chicken** and **salad** among plates.

TIP *Garnish the dish with chopped fresh coriander, mint or toasted coconut. Toasted peanuts or cashews can also be added.*