



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Coconut Chicken Curry

Chicken and sweet potato curry, flavoured
your way! Served on basmati rice.



35 minutes



2 servings



Chicken

FROM YOUR BOX

BASMATI RICE	150g
SWEET POTATOES	300g
ZUCCHINI	1
TOMATO	1
CHICKEN STIR-FRY STRIPS	300g
COCONUT MILK	165ml

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or paste (see notes)

NOTES

You can use garam masala or a blend of ground cumin, coriander, chilli, ginger or mustard seeds instead of curry powder. You could also use a curry paste you may have in the pantry! Adjust the amount used according to taste.

You can serve with naan bread, roti or papadums if you have some!

1. COOK THE RICE

Place rice in a saucepan, cover with **300ml 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.

TIP *Use a rice cooker if you have one.*

2. SAUTÉ THE VEGETABLES

Heat a frypan or saucepan over medium-high heat with **oil**. Dice sweet potatoes and zucchini. Wedge tomato. Add all to pan. Stir in **3 tsp curry powder** (see notes). Cook for 5 minutes until fragrant.

TIP *Add some curry leaves or grated ginger for an Indian style curry. For a Thai style curry you can use kaffir lime leaves and lemongrass. Use coconut oil for extra fragrance.*

3. ADD CHICKEN AND SIMMER

Add chicken. Pour in coconut milk and **1/4 cup water**. Simmer for 10 minutes until vegetables are tender. Season with **salt and pepper** to taste.

TIP *Use less water for a dry curry. You can use soy sauce, tamari or fish sauce to season.*

4. FINISH AND SERVE

Serve chicken curry with rice.

TIP *Garnish the curry with lime wedges, toasted coconut, chopped coriander or fresh chilli.*