



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Curried Chicken

And Sweet Potato Stew

A warming coconut chicken and sweet potato stew with tomato, chickpeas and fragrant curry spices.



35 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
SWEET POTATOES	400g	800g
TOMATOES	2	3
DICED CHICKEN BREAST	600g	600g + 300g
TINNED CHICKPEAS	400g	400g
COCONUT MILK	400ml	2 x 400ml

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or curry paste, 1 chicken stock cube (6P-2 x chicken stock cubes)

NOTES

You can serve the stew over steamed rice or with warm flatbread for a more filling meal.

Switch up the flavour by using a curry paste instead of curry powder. Try Thai red or green paste for a coconut-based stew, or an Indian paste such as tikka masala or korma for a richer finish. Add any extra vegetables you have on hand.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.

Something not right? Text us on **0440 132 826** or email hello@dinnertwist.com.au

1. SAUTÉ THE AROMATICS

Heat **oil** in a large pan over medium heat. Dice **onion**, add to pan and cook for 3–4 minutes, until softened. Add **1–2 tbsp curry powder or curry paste** and cook for 1 minute until fragrant.

6P – use **1 1/2–3 tbsp curry powder**

TIP *A mild Indian curry powder works well for this dish or you can use a pre-made Indian or Thai curry paste. For milder flavours, use ground cumin or coriander.*

2. COOK CHICKEN AND SWEET POTATO

Dice **sweet potato** into 2–3cm pieces, wedge **tomatoes** and add all to pan as you go. Add **chicken**, stir to coat and cook for 3–4 minutes until sealed.

TIP *Add a spoonful of peanut butter from your pantry for a richer, nuttier sauce. Diced capsicum, broccoli or cauliflower florets can be added for more vegetables.*

3. SIMMER THE STEW

Stir in **chickpeas (including water from tin)**, **coconut milk**, **crumbled stock cube**. Cover and simmer for 15–20 minutes, stirring occasionally, until **sweet potato** is tender.

TIP *Baby spinach or kale can be added in the last 2 minutes of cooking for extra greens.*

4. FINISH AND SERVE

Season with **salt and pepper**. Divide stew among bowls and serve.

TIP *Serve with crusty bread, rice or flatbread from your pantry to scoop up the sauce. Garnish the stew with some fresh chopped coriander, chives or parsley.*

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