



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: GH Produce

GH Produce embraces a healthy, ethical and sustainable way of life. Their products showcase native Australian ingredients to create unique and delicious flavour combinations.



2 Island Curry Roast Chicken

Chicken Maryland roasted in GH Produce coconut island curry spice mix, served with a fresh salad.

 35 minutes

 2 servings

 Chicken

10 December 2021

Leftovers!

Shred any leftover chicken and toss it through remaining salad. Pack as a cold chicken salad for lunch the next day.

Per serve: **PROTEIN** 45g **TOTAL FAT** 33g **CARBOHYDRATES** 83g

FROM YOUR BOX

CHICKEN MARYLANDS	2-pack
ISLAND CURRY MIX	1 sachet
BEAN THREAD NOODLES	1 packet (100g)
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
BEAN SHOOTS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice)

KEY UTENSILS

oven tray, saucepan

NOTES

Instead of serving the vegetables fresh, you can stir-fry them with the remaining island curry mix until tender. Season with soy sauce or tamari.



1. ROAST THE CHICKEN

Set oven to 250°C.

Place chicken on a lined oven tray. Slash in 3-4 places. Coat in **oil**, 1 1/2 tbsp island curry mix (reserve 1 tsp), **salt and pepper**. Roast for 25-30 minutes or until cooked through.



4. MAKE THE SALAD

Thinly slice Asian greens and capsicum. Add to bowl with dressing along with cut noodles and bean shoots. Toss until well combined.



2. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse in cold water. Use clean scissors to cut noodles into smaller pieces.



5. FINISH AND SERVE

Divide roasted chicken among plates (spoon over any excess cooking juices) and serve with salad.



3. MAKE THE DRESSING

In a large bowl whisk together 1 tsp island curry mix with **1 1/2 tbsp olive oil**, **2 tbsp vinegar and pepper**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

