



### Product Spotlight: Celery

Celery can easily get dehydrated in the fridge if left uncovered. To revive, cut off the base and the leaf ends, place into a bowl or glass of water in the fridge for a couple of hours and voila!



## 2 Curried Chicken Lettuce Cups

Crisp lettuce cups filled with creamy poached chicken, sultanas and alfalfa sprouts, served alongside golden roasted veggie chips.

 30 minutes

 2 servings

 Chicken

19 October 2020

### Spice it up!

*Curry powder can vary in heat. If you know yours is more on the spicy side, use less to begin with and add more if preferred. Toss a dried herb such as dried dill or rosemary on the chips before roasting.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 5g **CARBOHYDRATES** 39g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
MEDIUM POTATO	1
CHICKEN BREAST FILLETS	300g
NATURAL YOGHURT	1/2 cup *
CELERY STALK	1
SPRING ONION	1 *
SULTANAS	1 packet (40g)
BABY COS LETTUCE	1
ALFALFA SPROUTS	1/2 punnet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder

## KEY UTENSILS

saucepan, oven tray

## NOTES

You could also serve this as a deconstructed salad instead of filling the lettuce cups.



### 1. ROAST THE CHIPS

Set oven to 220°C.

Trim and scrub dutch carrots. Cut potato into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



### 2. POACH THE CHICKEN

Halve chicken breasts lengthways. Place in a saucepan along with **1 tsp curry powder** and **salt**. Cover with water, bring to a simmer and cook, covered, for 15 minutes or until cooked through (see step 5).



### 3. PREPARE THE FILLING

Combine 1/2 cup yoghurt and **2 tsp curry powder** in a large bowl. Slice celery and spring onion. Add to bowl along with sultanas. Set aside.



### 4. PREPARE LETTUCE CUPS

Separate and rinse lettuce leaves. Set aside with alfalfa sprouts.



### 5. SHRED THE CHICKEN

Remove cooked chicken from pan and thinly slice or shred using two forks. Add to bowl with yoghurt and stir to combine. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Fill the lettuce cups at the table with curried chicken. Top with alfalfa sprouts. Serve with a side of veggie chips.

**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](mailto:hello@dinnertwist.com.au)

