



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Foley's Kim-Chi


Kimchi is a Korean health staple. Foley's recipe contains vitamins A, C, B1, B2, calcium and iron. Foley's Raw Kim-Chi can help your gut digest food faster, enabling more time to process and distribute nutrition.



2 Turmeric Chicken with Kimchi Coleslaw

A sweet and sour coleslaw, balanced with creamy avocado, and served with turmeric and ginger chicken.

 30 mins

 2 servings

 Chicken

3 September 2021

Spice it up!

You can add chopped lemongrass or curry powder to season the chicken for a more exciting flavour!

Per serve: **PROTEIN** 27g **TOTAL FAT** 44g **CARBOHYDRATES** 58g

FROM YOUR BOX

GINGER	1 piece
CHICKEN STIR FRY STRIPS	300g
AVOCADO	1
PEAR	1
ORIENTAL SLAW	1 bag (250g)
KIMCHI	1 jar (use to taste)
SESAME SEED MIX	1/2 packet (10g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, sesame (or olive) oil, salt and pepper, ground turmeric

KEY UTENSILS

large frypan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. SEASON THE CHICKEN

Grate ginger to yield 1 tsp. Mix with **1 tsp turmeric, oil, salt and pepper**. Rub onto chicken until well coated.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add chicken to pan. Cook, turning, for 5-7 minutes or until cooked through.



3. PREPARE VEGETABLES

Dice avocado and cut pear into batons. Add to a large bowl.



4. TOSS THE COLESLAW

Add slaw and kimchi to bowl with prepared ingredients. Toss with **1 tbsp sesame oil, salt and pepper** until well combined.



5. FINISH AND SERVE

Divide coleslaw among plates or shallow bowls, top with chicken and sprinkle over seeds.

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

