



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

 4 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** 35g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
MEDIUM POTATOES	3
CHICKEN BREAST FILLETS	600g
NATURAL YOGHURT	3/4 cup *
CELERY STALKS	2
SPRING ONIONS	1/4 bunch *
SULTANAS	1 packet (40g)
BABY COS LETTUCE	2 pack
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 potatoes 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 **2 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 3/4 cup yoghurt and **3 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

