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DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Red Lentil Chicken

with Rice

A hearty and fragrant dish with tender red lentils, tomato and chicken, all simmered in a creamy coconut milk sauce. Served over fluffy basmati rice.



30 minutes



2 servings



Chicken

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
GINGER	1 piece
TOMATO	1
SWEET POTATO	500g
RED LENTILS	1 packet
COCONUT MILK	165ml
BABY SPINACH	1 bag
PRECOOKED CHICKEN BREAST	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or curry paste

NOTES

For an Indian-inspired dish, you can use curry powder or a paste such as korma, madras, or rogan josh. For a Thai-inspired dish, yellow, green, or red curry paste works well! Use spices or paste according to preferred taste.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

TIP *Add some saffron, turmeric, chicken stock or crushed garlic to flavour the rice.*

2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium heat with **oil**. Dice **onion**, peel and grate **ginger** and wedge **tomato**. Add to pan as you go. Stir in **1–2 tbsp curry powder or curry paste (see notes)**.

TIP *Use coconut oil or ghee for extra fragrance. Add any extra aromatics you may have such as crushed garlic, curry leaves, cumin or black mustard seeds. We used 1 1/2 tbsp red curry paste for a Thai flavour.*

3. SIMMER THE LENTILS

Dice and add **sweet potatoes** along with **red lentils, coconut milk, and 2 cups water**. Semi-cover and simmer for 15–20 minutes until sweet potato and lentils are tender. Stir in **baby spinach** and **chicken breast** pieces. Season to taste with **salt and pepper**.

TIP *You can use stock instead of water or stock paste/cube for flavour. Add a squeeze of lime or lemon juice at the end for extra freshness.*

4. FINISH AND SERVE

Divide **rice** and **chicken lentils** among bowls to serve.

TIP *Garnish with fresh chopped coriander, fresh chilli or lemon and lime wedges.*

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