

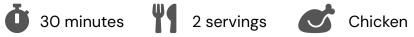




Red Lentil Chicken

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.

FROM YOUR BOX

| BASMATI RICE | 150g |
|--------------------------|----------|
| BROWN ONION | 1 |
| GINGER | 1 piece |
| TOMATO | 1 |
| SWEET POTATO | 400 |
| 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.

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.



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).



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 11/2 tbsp red curry paste for a Thai flavour.

3. SIMMER THE LENTILS

Dice and add **sweet potato** 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**.



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.



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

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