



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



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	1
GINGER	1 piece	1 piece
TOMATOES	2	3
SWEET POTATO	500g	1kg
RED LENTILS	70g	70g
COCONUT MILK	2 x 165ml	2 x 165ml
BABY SPINACH	60g	2 x 60g
PRECOOKED CHICKEN BREAST	1 packet	2 packets

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!

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml 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.

6P – Cover rice with 900ml water.



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 **tomatoes**. Add to pan as you go. Stir in **2 tbsp curry powder or curry paste (see notes)**.

6P – Stir in 3 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 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 **3 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.