



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cucumber

A cucumber consists of 96% water! It helps you to flush out toxins in your body - all that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



1 Grilled Curry Chicken with Sweet Coconut Rice

Delicious summer mango salsa served with curried grilled chicken and sweet coconut rice.

 20 minutes

 2 servings

 Chicken

7 December 2020

Make a curry!

Fancy a curry? Use the chicken, curry powder and coconut milk to make a simple curry. Serve over rice topped with fresh salad and lettuce leaves.

FROM YOUR BOX

BASMATI RICE	1 tub (150g)
COCONUT MILK	165ml
LEBANESE CUCUMBER	1
RED CAPSICUM	1
MANGO	1
CHICKEN THIGH FILLETS 	300g
FESTIVAL LETTUCE	1/2 *
 DAHL KIT	1 packet
 TOMATO	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, curry powder (or turmeric)

KEY UTENSILS

saucepan, large frypan

NOTES

If you prefer, you can use 1 tsp ground turmeric instead of curry powder alternatively dress chicken with 1 tsp honey and 2 tsp soy sauce.

 **Step 1 - Omit coconut milk from rice.** Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low medium-low heat for 10-15 minutes. Remove from heat, and allow to sit for 5 minutes.

 **VEG OPTION -** Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE RICE

Place rice, coconut milk and **1 cup water** into a saucepan and season with **salt**. Bring to the boil, stir, then reduce heat to medium-low. Simmer, covered, for 10-12 minutes (add more water if needed). Take off heat and allow to stand for 5 minutes.

 **VEG OPTION -** see notes.



4. COOK THE CHICKEN

Heat a pan or barbecue over medium-high heat. Add chicken and cook for 3-4 minutes on each side or until cooked through.

 **VEG OPTION -** Omit this step.



2. MAKE THE SALSA

Dice cucumber, capsicum and mango into desired sized pieces. Toss to combine with **1/2 tbsp olive oil and 1/2 tbsp sweet chilli sauce**.

 **VEG OPTION -** Prepare salsa as per recipe instruction. Dress with only olive oil and season with salt and pepper.



5. PLATE & SERVE

Serve chicken with coconut rice, salsa and lettuce leaves. Serve with more sweet chilli sauce if desired.

 **VEG OPTION -** Serve dahl over rice with a side of lettuce leaves. Top with fresh salsa.



3. SEASON THE CHICKEN

Toss chicken with **1 tsp curry powder, salt and 1 tbsp oil**.

 **VEG OPTION -** Add dahl kit to a saucepan along with coconut milk and 2 cups water. Dice and add tomato. Simmer, covered, for 12-14 minutes or until tender.

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**

