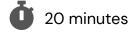






Island Coconut Curry with Chicken

We are testing out the Island Curry spice mix made for Dinner Twist by GH produce! In this version we're using diced chicken breast, onions & tomatoes. A speedy curry for cooler weather!







Spice it up!

To boost the flavour you can add a couple of garlic cloves, grated ginger or sliced chilli!

FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
SPRING ONIONS	2
DICED CHICKEN BREAST	300g
ISLAND CURRY MIX	1 sachet (30g)
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
COCONUT MILK	165ml
CARROTS	2
CHICKPEAS	1 packet
CORIANDER	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, frypan

NOTES

Use the rice tub to quickly measure up 1.5 \times amount of water.

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



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK ONION & CHICKEN

Heat **oil** in a frypan over medium heat. Slice onion and spring onions (reserve green tops for garnish). Add to pan with chicken and spice mix.

***** VEG OPTION - Dice carrots. Cook as above, replacing chicken with carrots.



3. ADD THE TOMATOES

Halve tomatoes and slice capsicum, add to pan and cook for a further 3-4 minutes.

VEG OPTION - Cook as above, adding drained chickpeas.



4. SIMMER THE CURRY

Pour in coconut milk and 1/2 tin water. Cook, semi-covered, for 6-8 minutes or until chicken is cooked through.

Solution • VEG OPTION - Cook as above, simmer until carrots are tender.



5. FINISH AND SERVE

Season curry with **salt and pepper** to taste. Serve over rice, top with reserved spring onion tops.

VEG OPTION - Serve as above, adding chopped coriander.

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**



