



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Carrots


Carrots get their orange colour from carotenoids. These are powerful antioxidants that help protect your body from damage from harmful free radicals! (Bonus; carrots taste great in this chicken curry!)



3 Yellow Chicken Curry

Using Turban Chopstick's mild yellow curry paste, this curry noodle dish is totally family friendly and super easy to whip up!

 20 minutes

 2 servings

 Chicken

21 September 2020

Empty the fridge!

A simple curry gives you a great opportunity to use up any little bits of veggie leftovers from the fridge! Capsicum, broccoli, celery, spinach and onions would all make great additions!

FROM YOUR BOX

CHICKEN STIR-FRY STRIPS	300g
SPRING ONIONS	1/2 bunch *
CARROT	1
RED CAPSICUM	1/2 *
ZUCCHINI	1/2 *
YELLOW CURRY PASTE	2/3 jar *
COCONUT MILK	400ml
RICE NOODLES	1 packet (200g)
LIME	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (sesame or other), soy or fish sauce

KEY UTENSILS

large frypan, saucepan

NOTES

The curry paste is mild, however, if you're worried about the heat, you can start by adding 1/2 amount of curry paste at step 2. Then you can add more to taste at step 4.

Veg option - chicken strips are replaced with vegetarian dumplings. Heat a pan with 1 tbsp oil and 1/4 cup water over medium-high heat. Add dumplings, cover, and cook for 8-9 minutes without turning. If you like them golden on both sides, turn and cook for a further 1-2 minutes to crisp up. Cook curry as per recipe, omitting the chicken. Serve dumplings on top of curry noodles.



1. SEAL THE CHICKEN

Bring a saucepan of water to the boil.

Heat a large pan with **oil** over medium-high heat. Add chicken and cook for 2 minutes until sealed. Slice and add spring onions, keeping green tops for garnish.



2. SIMMER THE CURRY

Slice carrot, chop capsicum and zucchini. Add to pan as you go along with yellow curry paste (2/3 jar, see notes), coconut milk and **1/4 tin water**. Simmer uncovered for 10 minutes.



3. COOK THE NOODLES

Add noodles to boiling water and cook for 2-3 minutes or until al dente. Drain and rinse in cold water.



4. TOSS THE NOODLES

Add noodles to pan, toss to combine and season curry with **1/2-1 tbsp soy or fish sauce**.



5. FINISH AND SERVE

Serve chicken curry noodles at the table with 1/2 lime cut into wedges. Scatter with spring onion tops to taste.

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**

