

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Capsicums

Capsicums are a great source of vitamin C which helps the body make collagen. This gives our skin strength and elasticity, along with replacing dead skin cells.



## 1 Coconut Chicken with Pineapple

Yummy chicken cooked in coconut sauce with kaffir lime leaves and pineapple, served over rice with a side of Asian greens.




 20 minutes

 2 servings

 Chicken

23 November 2020

## FROM YOUR BOX

BASMATI RICE	150g
CHICKEN STRIPS 	250g
RED CURRY PASTE	1 tin
RED CAPSICUM	1/2 *
GREEN BEANS	1/2 pk (75g) *
KAFFIR LIME LEAF	1
PINEAPPLE PIECES	1 tin (225g)
COCONUT MILK	400ml
PAK CHOY	2 bulbs
CHIVES	1/2 bunch *
 SWEET POTATO	500g
 FRIED SHALLOT & SESAME MIX	1 packet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (sesame or other), soy sauce


## KEY UTENSILS

saucepan or rice cooker, frypan x 2

## NOTES

We used 1 tbsp red curry paste. If you're cooking for young kids you can start with 1/2 tbsp alternatively if you like a bit of heat you can add up to 2 tbsp! You can freeze any leftover curry paste.

You can chop and add pak choy to curry if you like!

 **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. Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 4. STIR IN COCONUT MILK


Stir in coconut milk and **1 tbsp soy sauce**. Simmer for 5 minutes or until chicken is cooked through.

 **VEG OPTION** - Simmer until sweet potato is soft.



### 2. SEAL THE CHICKEN


Heat a pan with **oil** over high heat. Add chicken and cook for 3 minutes, adding 1/2-1 tbsp red curry paste (see notes).

 **VEG OPTION** - Heat frypan with oil, dice sweet potato and add to pan along with 1/2-1 tbsp curry paste (see notes). Cook for 1 minute.



### 5. COOK THE PAK CHOY

Trim, halve and rinse pak choy. Heat another frypan with **oil** and **2 tsp soy sauce** and cook over medium-high heat for 2-3 minutes or until tender.

 **VEG OPTION** - Sprinkle with fried shallot & sesame seed mix.



### 3. ADD THE VEGETABLES

Reduce heat to medium. Chop capsicum and beans, roughly tear lime leaf. Add to pan as you go. Stir in pineapple and juice.



### 6. FINISH AND SERVE

Serve pineapple curry over rice with a side of pak choy. Sprinkle with chopped chives to garnish.

**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](mailto:hello@dinnertwist.com.au)

