



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED






### Product Spotlight: Ginger

Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



## 1 Peanut Butter Chicken Curry

This curry is inspired by the West African peanut stew with sweet potato simmered in comforting flavours of tomato and peanuts, served over rice.




 20 minutes  2-3 servings  Chicken

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### *Spice it up!*

*Scatter over some peanuts, add a little heat from chilli flakes or fresh chilli, or squeeze in some lime juice at the end to really give the dish a lift in flavour!*

## FROM YOUR BOX

BASMATI RICE	150g
CHICKEN MINCE 	250g
LEEK	1/2 *
GINGER	1 piece
TOMATO	1
SMALL SWEET POTATO	1
TOMATO PASTE	2 tbsp *
PEANUT BUTTER	2 slugs
COCONUT MILK	400ml
BROCCOLI	1
 CHICKPEAS	400g
 PEANUTS	1 packet (40g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY


oil for cooking, salt, pepper, ground cumin

## KEY UTENSILS

saucepan, large frypan with lid

## NOTES

Use the rice tub to quickly measure up 1.5 x 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.



### 4. SIMMER THE CURRY

Cut broccoli into florets and simmer the curry semi-covered for 8–10 minutes or until sweet potato is tender.

 **VEG OPTION** – Cook as above. Drain and stir in chickpeas towards the end of cooking.



### 2. COOK THE CHICKEN

Heat a frypan with oil over medium heat. Add chicken mince to cook. Slice leek and grate ginger to yield 1 tbsp. Add to the pan as you go. Season with 1 tbsp cumin.

 **VEG OPTION** – Prepare as above, without the chicken.



### 5. FINISH AND PLATE

Season curry to taste with salt and pepper. Serve over rice.

 **VEG OPTION** – Roughly chop and scatter over the peanuts to serve.



### 3. ADD THE SAUCE

Dice and add tomato and sweet potato (1–2cm dice). Stir in 1–2 tbsp tomato paste, peanut butter, coconut milk and 1/2 tin water.

**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)

