

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

 4 servings

 Chicken

23 November 2020

FROM YOUR BOX

| | |
|--|--------------|
| BASMATI RICE | 300g |
| CHICKEN STRIPS  | 500g |
| RED CURRY PASTE | 1 tin |
| RED CAPSICUM | 1/2 * |
| GREEN CAPSICUM | 1 |
| KAFFIR LIME LEAVES | 2 |
| PINEAPPLE PIECES | 1 tin (225g) |
| COCONUT MILK | 400ml |
| PAK CHOY | 1 bunch |
| CHIVES | 1/2 bunch * |
|  SWEET POTATO | 500g |
|  BAMBOO SHOOTS | 1 tin |
|  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, large 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** - Add drained bamboo shoots along with coconut milk and 1tbsp soy sauce. Cook until sweet potato is soft.



2. SEAL THE CHICKEN


Heat a large 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. 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 capsicums and roughly tear lime leaves. 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

