



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

 4 servings




 Chicken

9 April 2021

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	300g
CHICKEN MINCE 	500g
SPRING ONIONS	5
GINGER	1 piece
TOMATOES	2
DICED SWEET POTATO	400g
TOMATO PASTE	2 tbsp *
PEANUT BUTTER	2 slugs
COCONUT MILK	400ml
BROCCOLI	1
 CHICKPEAS	400g
 PEANUTS	1 packet (80g)

*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 spring onions (reserve some green tops) and grate ginger to yield 1 tbsp. Add to the pan as you go. Season with 1-1/2 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 and top with any reserved spring onion tops.

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



3. ADD THE SAUCE

Chop and add tomatoes and diced sweet potato. Stir in 2 tbsp tomato paste, peanut butter, coconut milk and 3/4 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

