



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Bamboo Shoots


Did you know bamboo is the fastest growing plant on Earth. It has been recorded growing an amazing 120 cm in a 24 hour period! The edible shoots are heart-friendly, contain protein, a variety of vitamins and minerals and a good amount of fibre.



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

 4 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	600g
SPRING ONIONS	1/2 bunch *
CARROTS	2
BROCCOLI	1
YELLOW CURRY PASTE	2/3 jar *
COCONUT MILK	400ml
RICE NOODLES	1 packet (375g)
BAMBOO SHOOTS	1 tin
LIME	1

**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 1 packet vegetarian dumplings + 100g cashew nuts. Heat a frypan with 1 tbsp oil and 1/4 cup water over medium-high heat (line with baking paper to ensure dumplings don't stick). 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 and scatter over cashew nuts.



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 carrots and cut broccoli into small florets. Add to pan as you go along with yellow curry paste (2/3 jar, see notes), coconut milk and **1/3 tin water**. Simmer semi-covered 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

Rinse bamboo shoots and add to pan along with noodles. Toss to combine and season curry with **1 tbsp soy or fish sauce**.



5. FINISH AND SERVE

Serve chicken curry noodles at the table with 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**

