



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cucumber

A cucumber consists of 96% water! It helps you to flush out toxins in your body - all that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



1 Grilled Curry Chicken with Sweet Coconut Rice

Delicious summer mango salsa served with curried grilled chicken and sweet coconut rice.

 20 minutes

 4 servings




 Chicken

7 December 2020

Make a curry!

Fancy a curry? Use the chicken, curry powder and coconut milk to make a simple curry. Serve over rice topped with fresh salad and lettuce leaves.

FROM YOUR BOX

BASMATI RICE	1 tub (300g)
CONTINENTAL CUCUMBER	1
RED CAPSICUM	1
MANGO	1
CHICKEN THIGH FILLETS 	600g
COCONUT MILK	165ml
FESTIVAL LETTUCE	1/2 *
 DAHL KIT	1 packet
 TOMATOES	2

*Ingredient also used in another recipe

FROM YOUR PANTRY


olive + oil for cooking, salt, pepper, curry powder (or turmeric), sweet chilli sauce

KEY UTENSILS

saucepan, large frypan

NOTES

If you prefer, you can use 1 tsp ground turmeric instead of curry powder, alternatively dress chicken with 1/2 tbsp honey and 1 tbsp soy sauce.

 **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 medium-low heat for 10-15 minutes. Remove from heat, see step 5.



2. MAKE THE SALSA


Dice cucumber, capsicum and mango into desired sized pieces. Toss to combine with **1 tbsp olive oil and 1 tbsp sweet chilli sauce**.

 **VEG OPTION** - Prepare salsa as per recipe instruction. Dress with only olive oil and season with salt and pepper.



3. SEASON THE CHICKEN

Toss chicken with **2 tsp curry powder, salt and 1-2 tbsp oil**.

 **VEG OPTION** - Add dahl kit to a saucepan along with coconut milk and 2 cups water. Dice and add tomatoes. Simmer, covered, for 12-14 minutes or until tender.



4. COOK THE CHICKEN

Heat a large pan or barbecue over medium-high heat. Add chicken and cook for 3-4 minutes on each side or until cooked through.

 **VEG OPTION** - Omit this step.



5. FINISH THE RICE

Add coconut milk to rice and stir over medium heat to combine well. Season with **salt** to taste.

 **VEG OPTION** - Omit this step.



6. PLATE & SERVE

Serve chicken with coconut rice, salsa and lettuce leaves. Serve with more sweet chilli sauce if desired.

 **VEG OPTION** - Serve dahl over rice with a side of lettuce leaves. Top with fresh salsa.

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

