

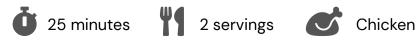


# Product Spotlight: Onion

Did you know onions were a form of currency in the Middle Ages? They paid for rent, goods and services, and they were even given as gifts!

# Creamy Mango Chicken with Basmati Rice

Tender chicken pieces cooked in a creamy coconut sauce with mango chutney served on a bed of rice and garnished with cooling diced cucumber.





Serve with a squeeze of lime juice, fresh mint or coriander if you have some!

5 May 2023

### FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
CARROT	1
DICED CHICKEN THIGHS	300g
MANGO CHUTNEY	1 jar
COCONUT MILK	400ml
LEBANESE CUCUMBER	1



oil for cooking, salt, pepper, ground turmeric, ground cardamom

#### **KEY UTENSILS**

large frypan, saucepan

### NOTES

You can use coconut oil for this dish.

This is a mild creamy coconut curry. You can add some curry powder or ground cumin to further spice the dish.



# **1. COOK THE RICE**

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



# 2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil** (see notes). Dice onion and slice carrot. Add to pan and cook for 5 minutes until softened.



# **3. COOK THE CHICKEN**

Add chicken to pan with 1 tsp turmeric, 1 1/2 tsp ground cardamom, salt and pepper (see notes). Cook until browned.



### **4. SIMMER THE SAUCE**

Stir in <u>2 tbsp mango chutney</u> and coconut milk. Semi-cover and simmer for 10 minutes.



# **5. PREPARE THE CUCUMBER**

Dice cucumber. Set aside.



### **6. FINISH AND SERVE**

Season chicken with **salt and pepper** to taste. Divide rice and chicken among bowls. Top with fresh cucumber and add more mango chutney to taste.



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