



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Curry Leaves


Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.




F2

Sri Lankan Chicken Curry with Crisp Curry Leaves

Chicken thigh fillets cooked in a luscious coconut milk curry, flavoured with a custom-blend spice mix, and served over nutty brown rice with crispy curry leaves.

 30 minutes

 2 servings

 Chicken

14 October 2022

Spice it up!

Finish this dish with slices of red or green chilli to spice it up! You can also garnish with flaked coconut and cashews.

Per serve: **PROTEIN** 37g **TOTAL FAT** 27g **CARBOHYDRATES** 43g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
BROWN ONION	1
GINGER	20g
SRI LANKAN SPICE MIX	1 packet (16g)
CURRY LEAF FROND	1
CHICKEN THIGH FILLETS	300g
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
TINNED COCONUT MILK	165ml
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan, stick mixer or small blender

NOTES

The Sri Lankan spice mix is made up of ground turmeric, ground cumin, ground coriander, ground cinnamon, ground cardamom and smoked paprika.

We used coconut oil for extra flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. MAKE THE CURRY PASTE

Roughly chop onion. Peel and chop ginger. Add to a jug along with spice mix. Use a stick mixer to blend to a smooth paste.



3. BROWN THE CHICKEN

Heat a large frypan over medium–high heat with **oil** (see notes). Add curry leaves to pan, crisp for 2 minutes and remove to a plate. Season chicken with **salt and pepper**. Add to pan and cook for 2–3 minutes each side until browning begins.



4. ADD THE VEGETABLES

Add curry paste to frypan with chicken along with 1/2 crispy curry leaves. Cook, stirring, for 1–2 minutes until fragrant. Dice capsicum and add to pan along with cherry tomatoes.



5. SIMMER THE CURRY

Pour in coconut milk and **3/4 tin water**. Stir to combine. Simmer, semi–covered, for 10 minutes.

Squeeze in juice of 1/2 lemon (wedge remaining and set aside). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide rice among shallow bowls. Ladle over curry and chicken thigh fillets. Garnish with remaining curry leaves and lemon wedges.

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

