



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CURRY LEAVES

Curry leaves are a wonderful addition to many Indian-style soups, curries, and stir-fries. They bring a fragrant, warm aroma to this delicious green chicken curry.



3. GREEN CHICKEN CURRY WITH NOODLES

 30 Minutes

 2 Servings

This fragrant chicken curry with green beans, carrot, eggplant and courgette is served over rice noodles — and we know you'll love it!

FROM YOUR BOX

CURRY SPICE MIX	1 packet
CHICKEN STIR-FRY STRIPS	300g
CURRY LEAVES	1 frond
BABY EGGPLANT	1
CARROT	1
COURGETTES	2
COCONUT MILK	400ml
GREEN BEANS	1/2 bag (75g) *
RICE NOODLES	1 packet (200g)
LIME	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking, see notes), pepper, soy sauce, sugar (of choice)

KEY UTENSILS

saucepan, pan with lid

NOTES

We used coconut oil but any neutral oil will work fine!

Add some fresh or dried chilli for extra heat.

Toss the noodles with a drizzle of neutral oil to keep them from sticking together.



1. SAUTÉ THE CURRY POWDER

Bring a saucepan with water to the boil.

Heat a pan with **2 tbsp oil** over medium heat. Add curry spice mix and cook for 2 minutes until aromatic (see notes).



2. ADD THE CHICKEN & VEGETABLES

Add chicken strips and curry leaves, stir to coat.

Dice eggplant, chop carrot and courgettes. Add to pan as you go.



3. SIMMER THE CURRY

Stir in coconut milk and simmer, covered, for 8-10 minutes. Trim and halve green beans, add to curry and cook for further 3-4 minutes.



4. COOK THE NOODLES

Add noodles to boiling water and cook for 2 minutes or until just tender. Drain and rinse in cold water (see notes).



5. FINISH AND PLATE

Zest lime to yield 1/2 tsp. Add to curry with juice from 1/3 lime, **2 tsp soy sauce, pepper and 1/2 tsp sugar**.

Serve curry and noodles in bowls with a lime wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

