



### Product Spotlight: Bean Shoots

To refresh your bean shoots, place them in a large bowl and cover them with water. Keep them refrigerated until you are ready to use them.



## Slow Cook Thai Peanut Chicken

### with Jasmine Rice

Creamy, peanut flavour infused chicken cooked long and slow, served over jasmine rice topped with fresh bean shoots, coriander, lime wedges and crunchy peanuts.



15 minutes + 3 hours slow cook



Chicken



4 servings

## Cook it quicker!

*You can cook this curry in a large pan on the stove top instead if you prefer! Brown the chicken thighs, add remaining ingredients for the sauce with some extra water and simmer for 20 minutes.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 36g **CARBOHYDRATES** 43g

## FROM YOUR BOX

PEANUT BUTTER SLUGS	3
THAI TURMERIC SPICE MIX	1 tub
COCONUT MILK	165ml
BROWN ONION	1
RED CAPSICUMS	2
CHICKEN THIGH FILLETS	600g
LIME	1
PEANUTS	2 x 40g
CORIANDER	1 packet
JASMINE RICE	300g
BEAN SHOOTS	1 bag

## FROM YOUR PANTRY

soy sauce, sugar (of choice), chilli flakes (optional)

## KEY UTENSILS

saucepan, slow cooker

## NOTES

Place the peanut slugs in warm (not hot) water for a couple of minutes to make it easier to squeeze out the peanut butter.

**Protein Upsize Option:** when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

*Thai turmeric spice mix: ground turmeric, ground ginger, ground cumin, ground coriander, dried kaffir lime leaves, coconut sugar*



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### 1. MAKE THE SAUCE

Start your slow cooker.

Add peanut butter (see notes), Thai turmeric spice mix, coconut milk and **3 tbsp soy sauce**. Stir to combine.



### 2. ADD THE VEG & CHICKEN

Dice or slice onion and capsicums. Halve chicken thigh fillets. Add to slow cooker and toss to coat in sauce. Cook on high for 4 hours (or for 5–6 hours on low heat).



### 3. PREPARE THE GARNISH

Zest lime and wedge 1/2. Roughly chop peanuts and coriander. Keep separate, set aside.



### 4. COOK THE RICE

Place rice in a saucepan, cover with **550ml water**. Bring to a boil. Cover with a lid and reduce to medium–low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.



### 5. FINISH AND SERVE

Season peanut chicken with reserved lime zest, 1/2 lime juice, **1–2 tsp sugar and 1 tbsp soy sauce** (to taste).

Serve chicken over rice with bean shoots. Garnish with coriander, peanuts and a lime wedge. Sprinkle with **chilli flakes** to taste (optional).

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