



Product Spotlight: Jasmine Rice

Jasmine rice is named after the fragrant jasmine flower due to its similar fragrance. It is a long-grain variety of rice and has a slightly sticky texture.



Spicy Chicken Marylands with Cashew Nuts & Ginger

Chicken Marylands and sweet potato pair beautifully as they cook in a luxurious roasted cashew, ginger and coconut sauce, creating a rich and aromatic dinner meal. Served over fragrant jasmine rice and finished with a toasted coconut topping and fresh sugar snap peas.



60 minutes



4 servings



Chicken

Slow cook this!

You can cook the chicken Marylands with the sauce, sweet potato and onion in the slow cooker if you prefer!

Per serve: **PROTEIN** 24g **TOTAL FAT** 44g **CARBOHYDRATES** 101g

FROM YOUR BOX

COCONUT CREAM	400ml
TOMATO PASTE	1 sachet
ROASTED CASHEW NUTS	100g
GINGER	40-50g
BROWN ONION	1
RED CHILLI	1
SWEET POTATO	400g
CHICKEN MARYLANDS	4-pack
JASMINE RICE	300g
SHAVED COCONUT	20g
SUGAR SNAPS	150g

FROM YOUR PANTRY

oil for cooking, salt, brown sugar (or other), ground cumin, ground turmeric

KEY UTENSILS

large oven dish, stick mixer (or processor), frypan, saucepan

NOTES

You can switch up the sides and serve chicken with crispy fried potatoes, warm flatbreads or alongside a vegetable side such as green beans, broccoli or cauliflower.



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1. MAKE THE SPICE PASTE

Set oven to 220°C.

Combine coconut cream, tomato paste, 50g cashew nuts, **1 1/2 tbsp sugar**, **1 tbsp cumin and salt** in a jug. Peel and chop ginger, 1/4 onion and 1/2 chilli. Add to jug and blend with a stick mixer until well combined but not completely smooth.



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.



2. PREPARE THE VEGETABLES

Slice sweet potato (1cm) and wedge remaining onion. Arrange in an oven dish.

Slash chicken 3 times per maryland. Rub with **oil**, **2 tsp cumin**, **1 tsp turmeric and salt**. Arrange on top and pour over spice paste. Roast for 35-45 minutes or until chicken is cooked through.



5. PREPARE THE SUGAR SNAPS

Meanwhile, trim and halve sugar snap peas.



3. TOAST THE COCONUT

Toast the coconut in a dry frypan until lightly golden. Slice remaining red chilli (deseed if desired) and roughly chop cashew nuts. Toss together in a small bowl.



6. FINISH AND SERVE

Serve chicken bake at the table with jasmine rice. Top with crunchy sugar snaps and garnish with toasted coconut mix.

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