

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Island Curry Spice Mix

A fragrant blend of coconut, spices and desert lime powder from local business GH Produce. Also great as a rub on any seafood and as a sprinkle on roast veggies!



## 1 Island Coconut Curry with Chicken





We are testing out the Island Curry spice mix made for Dinner Twist by GH produce! In this version we're using diced chicken breast, onions & tomatoes. A speedy curry for cooler weather!

20 minutes   2 servings   Chicken

28 May 2021

*Spice it up!*  
To boost the flavour you can add a couple of garlic cloves, grated ginger or sliced chilli!

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
SPRING ONIONS	2
DICED CHICKEN BREAST 	300g
ISLAND CURRY MIX	1 sachet (30g)
CHERRY TOMATOES	1 packet (200g)
GREEN CAPSICUM	1
COCONUT MILK	165ml
 CARROTS	2
 CHICKPEAS	1 packet
 CORIANDER	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY


oil for cooking, salt, pepper

## KEY UTENSILS

saucepan, frypan

## NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 4. SIMMER THE CURRY

Pour in coconut milk and 1/2 tin water. Cook, semi-covered, for 6–8 minutes or until chicken is cooked through.

 **VEG OPTION** – Cook as above, simmer until carrots are tender.



### 2. COOK ONION & CHICKEN


Heat oil in a frypan over medium heat. Slice onion and spring onions (reserve green tops for garnish). Add to pan with chicken and spice mix.

 **VEG OPTION** – Dice carrots. Cook as above, replacing chicken with carrots.



### 5. FINISH AND SERVE

Season curry with salt and pepper to taste. Serve over rice, top with reserved spring onion tops.

 **VEG OPTION** – Serve as above, adding chopped coriander.



### 3. ADD THE TOMATOES

Halve tomatoes and slice capsicum, add to pan and cook for a further 3–4 minutes.

 **VEG OPTION** – Cook as above, adding drained chickpeas.

**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](mailto:hello@dinnertwist.com.au)

