

Webfid00284hero coconutchickenandvegetables

Coconut Chicken and Vegetables with Jasmine Rice



30-40min



4 Portions

In this mild and fragrant curry, we've cooked chicken and vegetables in coconut milk, which infuses them with beautifully light richness. The sauce is enhanced by the gorgeous bursts of flavour when you bite into the tender cherry tomatoes. It's a super-easy dish for a midweek dinner, and is destined to become a new family favourite!

What we send

- Malaysian curry powder 1
- coconut milk
- coriander, ginger, 1 garlic clove
- free-range chicken breast fillet
- zucchini
- green beans
- cherry tomatoes
- jasmine rice

What you'll require

- vegetable oil

Utensils

- grater
- large saucepan
- medium saucepan
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If preferred, keep the vegetables warm until ready to serve, then serve separately on the side.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 685.0kcal, Fat 22.0g, Proteins 48.4g, Carbs 70.0g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 560ml (2¼ cups) water. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water is absorbed. Turn off the heat and stand covered, for at least 5 mins.



2. Prepare ingredients

Meanwhile, bring a medium saucepan of water to the boil for the vegetables. Finely chop the **garlic**. Peel and finely grate the **ginger**. Halve the **cherry tomatoes**. Coarsely chop the **coriander** leaves and stems. Trim ends of **beans** and cut in half. Cut **zucchini** into ½cm slices.



3. Start cooking

Cut **chicken** into 1-2cm cubes. Heat 1 tbs **oil** in a large saucepan over medium heat. Stir-fry the **ginger** and **garlic** for 1 min. Add 1 tsp of the **curry powder** (or add a little extra if your family likes spice) and cook, stirring regularly, for 1 min or until fragrant.



4. Add chicken

Add **chicken** and cook for 2-3 mins until starting to brown. Using a wooden spoon, scrape the pan to dislodge any bits stuck to the base.



5. Add cherry tomatoes

Add the **coconut milk** and bring to a simmer. Reduce heat to low, cover with a lid and simmer for 5 mins. Add **cherry tomatoes** and simmer for a further 2-3 mins until tomatoes start to soften.



6. Cook vegetables

Cook **beans** and **zucchini** in the pan of boiling water for 2-3 mins until tender. Drain well and add to **chicken** (see cooking tip). Fluff up **rice** with a fork and divide between bowls. Top with **chicken** and vegetables and scatter over **coriander**.