

DINNERLY

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Massaman Chicken Curry with Carrots and Peas



20-30 minutes



4 Servings

Make massaman the easy way with quick chicken instead of slow-cooked beef, then add carrots, peas and potatoes so it's packed full with veg. All cooked in one pot, and served with fresh steamed rice, you won't reach for takeaway curry again.

WHAT WE SEND

- coconut milk
- potatoes
- Massaman curry paste
- green peas
- carrot
- free-range chicken thigh fillet
- jasmine rice

WHAT YOU NEED

- salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water

TOOLS

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

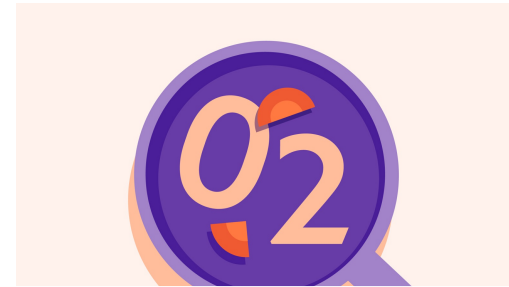
NUTRITION PER SERVING

Energy 790kcal, Fat 30.6g, Carbs 84.9g, Proteins 40.4g



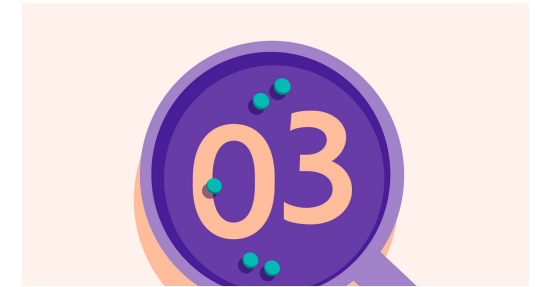
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, peel and halve the **carrots** lengthwise, then thinly slice. Quarter the **potatoes**. Trim the fat, then cut the **chicken** into 2-3cm chunks.



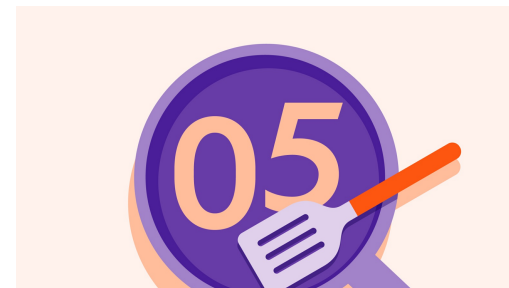
3. Start curry

Heat **2 tbs vegetable oil** in a wok or frypan over medium-high heat. Cook the **potato**, tossing, for 2 mins. Add the **curry paste** and cook, stirring, for 1-2 mins until fragrant. Add the **coconut milk** to the wok, stir to combine and bring to a simmer.



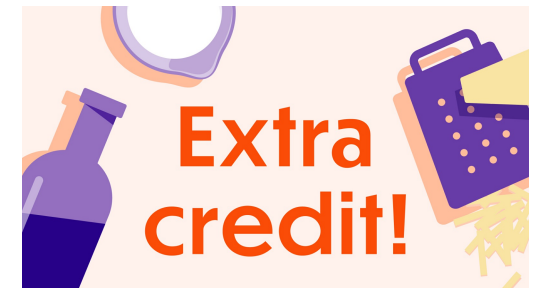
4. Add chicken

Add the **chicken** and **carrot** and return to a simmer. Reduce heat to medium-low, cover and cook for 15-20 mins until the potato is tender and the chicken is cooked through.



5. Get ready to serve

Meanwhile, drain and rinse the **peas**. Remove the curry from the heat and stir in the **peas**, **1 tbs soy sauce** and **1 tsp sugar**. Stand for 2-3 mins until warmed through. Season with **salt and pepper**. Divide the **rice** and **curry** among bowls to serve.



6. Kitchen hack

For even more flavour, scatter with thinly sliced red chilli or squeeze over lime or lemon wedges to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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 **Packed in Australia**
from at least **45%**
Australian ingredients