

# MARLEY SPOON



## Coconut Chicken Curry

with Green Beans and Toasted Cashews



20-30min



4 Portions

There are various curry styles; this one is firmly in the Malaysian camp with its fragrant spices tempered by rich coconut milk. Flavour comes from fish sauce too, popular throughout South East Asia for the way it adds notes of salt and umami, and from a dash of vinegar, included to cut richness. But really, all you need to know about this curry is that it tastes great and is simple to cook.

## What we send

- chicken-style stock cubes
- chilli flakes
- cashew nuts <sup>15</sup>
- jasmine rice
- Malaysian curry powder
- onion
- coconut milk
- free-range chicken thigh fillet
- zucchini
- fish sauce <sup>4</sup>
- ground ginger <sup>17</sup>
- beans

## What you'll require

- sea salt and pepper
- water
- white vinegar

## Utensils

- large deep frypan or saucepan with lid
- medium saucepan with lid
- sieve
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Add chilli to suit your heat preference. Alternatively, omit it when cooking and serve the chilli at the table. The remaining chilli flakes and ground ginger won't be used in this dish.

## Allergens

Fish (4), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 865kcal, Fat 44.2g, Carbs 71.3g, Proteins 42.1g



### 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 the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



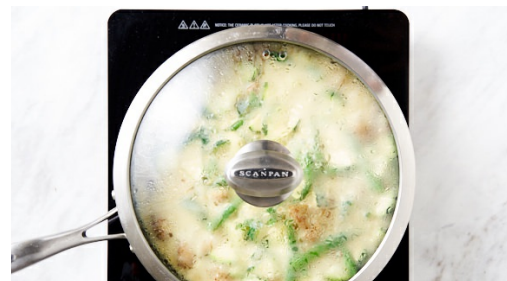
### 4. Brown chicken

Heat **2 tbs grapeseed oil** in a large saucepan over medium-high heat. Cook the **chicken**, in batches, stirring, for 3 mins or until browned. Remove from pan. Cook **onion**, stirring, for 5 mins or until golden. Reduce heat to medium, add **1 tsp ground ginger**, **½ tsp chilli flakes** (see cooking tip) and **half the cashews** and cook, stirring, for 2 mins or until fragrant.



### 2. Prepare ingredients

Meanwhile, chop the **onion** and **cashews**. Trim any excess fat from the **chicken**, then cut into 2.5cm chunks. Put the chicken and **curry powder** in a bowl, season with **salt and pepper** and toss to coat. Crumble the **stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve.



### 5. Cook curry

Return the **chicken** to the pan. Add the **stock**, **coconut milk**, **fish sauce** and **2 tsp white vinegar** and bring to a simmer. Cook, covered, for 3-4 mins until chicken is almost cooked through.



### 3. Prepare vegetables

Trim and halve the **beans** widthwise. Quarter the **zucchini** lengthwise, then thickly slice.



### 6. Get ready to serve

Add the **beans** and **zucchini**, cover and cook for a further 5 mins or until the vegetables are just tender. Season with **salt and pepper**. Meanwhile, put the remaining **cashews** in a cold small frypan over medium heat. Toast, tossing the pan, for 3-4 mins until golden. Divide **rice** and **chicken curry** among bowls and scatter over **toasted cashews** to serve.