

# DINNERLY



## Malaysian Chicken Curry with Toasted Peanuts

 20-30 minutes  2 Servings

Creamy with coconut, crunchy with peanuts and beans, and bursting with moreish mild curry flavours, here's a fast family favourite if ever there was one.

### WHAT WE SEND

- 150g basmati rice
- free-range chicken thigh fillets
- 40g peanuts<sup>5</sup>
- 5g Malaysian curry powder
- 200ml coconut milk
- 150g green beans

### WHAT YOU NEED

- garlic clove
- soy sauce<sup>6</sup>
- vegetable oil

### TOOLS

- medium frypan
- sieve
- small saucepan with lid

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

### ALLERGENS

Peanuts (5), Soy (6). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 820kcal, Fat 42.8g, Carbs 65.4g, Proteins 41.1g



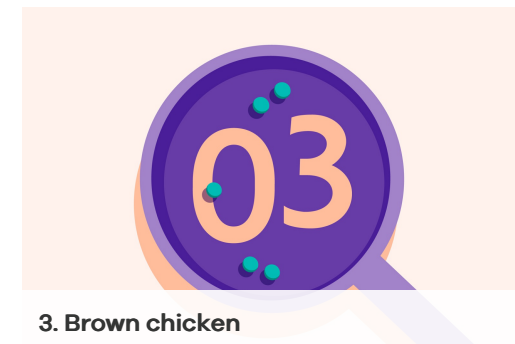
#### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the rice. Trim the **beans** and cut into 3cm lengths. Crush or finely chop **2 garlic cloves**. Roughly chop the **peanuts**.



#### 2. Cook rice

Cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain.



#### 3. Brown chicken

Meanwhile, thinly slice the **chicken**, then put in a bowl. Add the **garlic** and **2 tsp Malaysian curry powder**, season with **salt and pepper** and toss to coat. Heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Cook the **marinated chicken**, stirring, for 3-4 mins until browned.



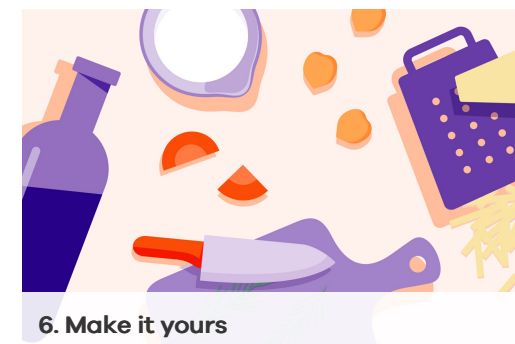
#### 4. Simmer curry

Add the **coconut milk** and **1 tbs soy sauce**, bring to a simmer, then reduce the heat to low and cook for 3-4 mins until slightly thickened. Add the **beans** and cook for 2-3 mins until the chicken is cooked through and the beans are tender but still have crunch. Season with **pepper**.



#### 5. Serve up

Divide the **rice** among bowls, top with the **chicken curry** and scatter over the **peanuts** to serve.



#### 6. Make it yours

Like it hot? Try adding  $\frac{1}{4}$  tsp of dried chilli flakes and/or ground ginger for a little kick. Or add pak choy to the beans for extra greens.