

DINNERLY



Chicken and Pea Curry with Coriander and Garlic Rice



20-30 minutes



2 Servings

This moreish mild curry with silken chicken, creamy coconut milk and sweet peas spooned over nutty brown rice will satisfy a hungry house - and then some.

WHAT WE SEND

WHAT YOU NEED

- butter ⁷
- sugar
- vegetable oil

TOOLS

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

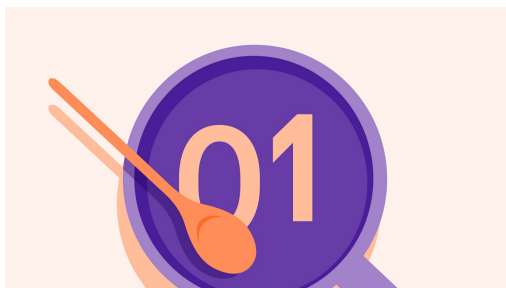
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

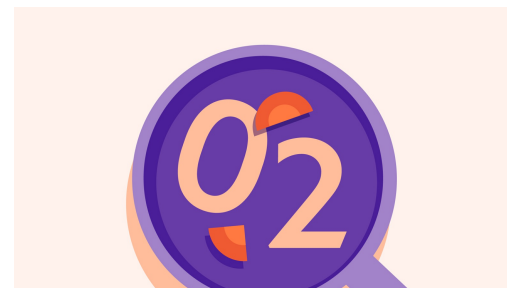
NUTRITION PER SERVING

Energy 760kcal, Fat 40.2g, Carbs 58.3g, Proteins 38.3g



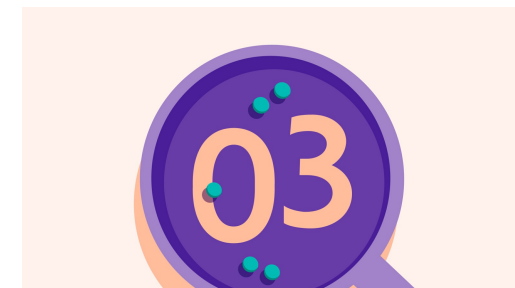
1. Prep ingredients

Bring a medium saucepan of water to the boil for the rice. Crush or finely chop **1 garlic clove**. Reserve a few **coriander** sprigs, then finely chop the remainder, keeping the stems and leaves separate. Cut the **chicken** into 2cm chunks.



2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain, then return to the pan and cover to keep warm.



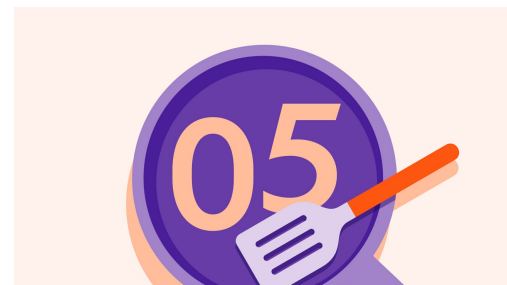
3. Brown chicken

Meanwhile, heat **2 tsp vegetable oil** in a large frypan over high heat. Stir-fry the **chicken** and **coriander stems** for 2 mins or until browned. Add **1 tbs Malaysian curry powder** and cook, stirring, for 1 min or until fragrant.



4. Simmer curry

Add the **coconut milk** and **1 tsp sugar** and bring to a simmer. Reduce the heat to medium-low and cook for 5 mins. Add the **peas**, bring to a simmer and cook for a further 2 mins or until the curry is slightly thickened. Remove from the heat, taste, then season with **salt and pepper**.



5. Serve up

Meanwhile, put the **garlic** and **20g butter** in a small saucepan over low heat and cook, stirring, until melted. Add the **chopped coriander leaves**, season with **salt and pepper**, then pour over the **rice** and stir to combine. Divide the **coriander rice** and **curry** among bowls, scatter with the **coriander sprigs** and enjoy.



6. Make it yours

Scatter over some toasted chopped peanuts or cashews for a bit of crunch.