

# DINNERLY



⚡ FAST

## Malaysian Chicken Curry with Toasted Peanuts

 20-30 minutes  4 Servings

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

#### WHAT WE SEND

- 300g jasmine rice
- 300g green beans
- 40g peanuts<sup>5</sup>
- free-range chicken thigh fillets
- 10g Malaysian curry powder
- 400g coconut milk

#### WHAT YOU NEED

- 3 garlic cloves
- 2 tbs vegetable oil
- 2 tbs soy sauce<sup>6</sup>

#### TOOLS

- medium saucepan with lid
- large frypan

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 785kcal, Fat 40.1g, Carbs 64.0g, Proteins 38.7g



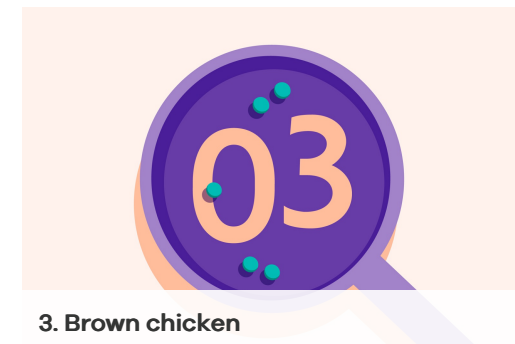
#### 1. Cook rice

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 is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



#### 2. Prep ingredients

Meanwhile, trim the **beans** and cut into 3cm lengths. Roughly chop the **peanuts**. Crush or finely chop **3 garlic cloves**.



#### 3. Brown chicken

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



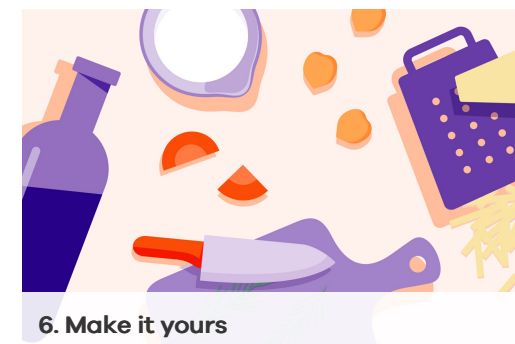
#### 4. Simmer curry

Add the **coconut milk** and **2 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**, scatter over the **peanuts** and enjoy.



#### 6. Make it yours

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