

Coconut and Turmeric Chicken



Ready in 40 minutes



**SIMPLY
DINNER**

FEEDS 4

– RECIPE BY –

**annabel
langbein™**

What's in the kit

- Annabel's Go To Coconut & Turmeric Sauce
- Chicken breast
- Broccoli
- Kumara
- Rice
- Chopped peanuts

What else you need

- Salt and pepper
- Water

Optional extras

- Small bunch of fresh coriander or 1-2 spring onions

*Dinner's
in the Bag!*

NET WEIGHT 1777 g



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**NEW
RECIPE**
TAKE ME HOME

Coconut and Turmeric Chicken



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Serves 4



Ready in 40 minutes

Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

- 1 ½ cups rice
- 1 large kumara
- 400g chicken breast
- 500g Annabel's Go To Coconut and Turmeric Sauce
- 1 cup water
- ½ tsp salt
- several grinds of pepper
- 1 head broccoli
- 70g chopped peanuts



Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Place rice in a large pot with 2 ¼ cups water and a little salt. Bring to a boil over a high heat, then cover and reduce to lowest heat. Cook for 13 minutes then turn off the heat and allow to stand without lifting the lid.
2. While rice is cooking, peel and dice the kumara into 2-3cm pieces. Set aside.
3. Cut chicken into bite-size pieces (2-4cm). If using pre-diced chicken, you will not need to cut it up. Season chicken with ½ tsp salt and several grinds of pepper. Set to one side.
4. Using a pot large enough to hold the sauce, chicken and vegetables, place Annabel's Go To Sauce, 1 cup water, ½ tsp salt and several grinds of pepper and bring to a boil, stirring until smooth.
5. Add the diced kumara. Cover and simmer for 5 minutes.
6. Add chicken and stir to combine. Bring sauce back to a simmer. Cover and simmer another 6 minutes or until chicken is cooked through, stirring occasionally.
7. While chicken and kumara cook, boil a large jug of water. Cut broccoli into small florets and place in a heatproof bowl with a pinch of salt. Pour over boiling water to cover, stand for 2 minutes. Drain broccoli and add to the chicken pot. Bring back just to a simmer before serving. Check seasoning and adjust to taste with salt and pepper. Mix through most of the nuts.

To Serve

Fluff the rice with a fork. Divide between 4 serving bowls. Spoon the chicken, vegetables and sauce over the top and sprinkle remaining with nuts. Enjoy!

Optional

If using a handful of the coriander or the greens of the spring onions as a garnish, roughly chop through and sprinkle over to serve.

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Annabel Hyde

NUTRITION INFORMATION

Servings per package: 4
Serving size: 542 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	3020 kJ	556 kJ
Protein	37.8 g	7 g
Fat, total	26 g	4.8 g
- saturated	10.9 g	2 g
Carbohydrate	79.4 g	14.6 g
- sugars	8.5 g	1.6 g
Sodium	668 mg	123 mg

INGREDIENTS: Annabel's Go To Coconut & Turmeric Sauce (28%) [Coconut milk (50%), water, thickener (1442), canola oil, lime juice concentrate (sulphites), ginger, garlic, onion flakes, soy sauce (wheat), fish sauce, salt, turmeric (0.2%), spices], Chicken (23%), Kumara, Broccoli, Rice, Chopped **peanuts**

Contains Wheat, Gluten, Soy, Fish, Sulphites, Peanuts

NUTRITION INFORMATION refers to the packaged meal and **NET WEIGHT** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd. 35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

