

DINNERLY



Coconut Chicken Thai Curry with Sweet Potato, Broccoli & Peppers



30min



2 Servings

Life is hard! This dinner is not! We invite you to tuck into a pretty satisfying plate of lean chicken, broccoli, bell pepper, and sweet potato sautéed with warm Thai red curry and coconut milk. It's basically like throwing a flavor grenade into the skillet—but probably less messy. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 sweet potato
- ½ lb broccoli
- 1 bell pepper
- ½ lb pkg chicken breast strips
- 1 oz Thai red curry paste ⁶
- 13.5 oz can coconut milk ¹⁵

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil, such as vegetable
- sugar

TOOLS

- small saucepan
- medium pot with a lid

ALLERGENS

Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1130kcal, Fat 64g, Carbs 107g, Protein 40g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 15 minutes. Remove from heat and keep covered until ready to serve.



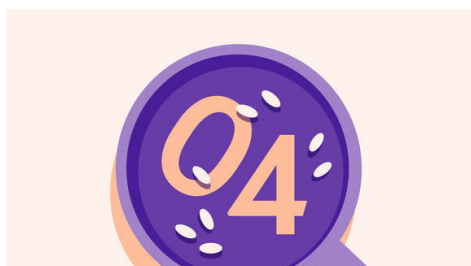
2. Prep ingredients

Scrub **sweet potato**, then cut into 1-inch pieces. Cut **broccoli** into 1-inch florets, if necessary. Halve **pepper**, then discard stem and seeds; cut into 1-inch pieces. Peel and finely chop **1 teaspoon garlic**. Pat **chicken** dry, then season all over with **salt** and **pepper**.



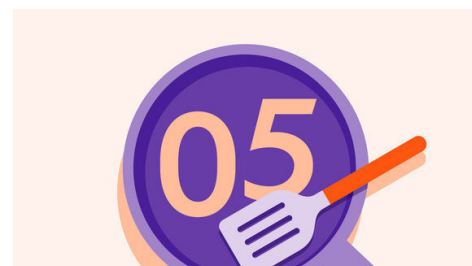
3. Sauté broccoli & chicken

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **broccoli**; season with **salt and pepper**. Cook until crisp-tender, about 4 minutes. Transfer to a plate. Heat **1 tablespoon oil** in same pot over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



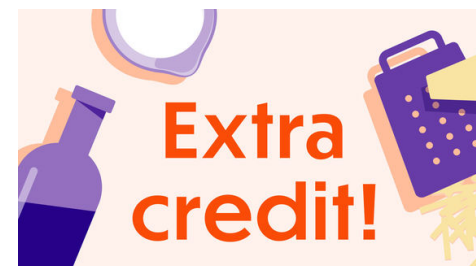
4. Make curry

Transfer **chicken** to plate with **broccoli**. Heat **2 tablespoons oil** in same pot. Add **sweet potatoes** and **peppers**; cook until browned in spots, about 5 minutes. Reduce heat to medium. Stir in **chopped garlic**, **curry paste**, and **1 teaspoon sugar**; cook until fragrant, about 30 seconds. Pour **coconut milk** into pot, then cover and bring to a boil.



5. Finish & serve

Reduce heat to medium and cook, partially covered, until **potatoes and peppers** are very soft, about 7 minutes. Transfer **broccoli** and **chicken** back to pot; cook, stirring occasionally, until warmed through, about 3 minutes. Remove pot from heat; season to taste with **salt** and **pepper**. Fluff **rice** with a fork. Serve **rice** with **coconut curry** spooned over top. Enjoy!



6. Take it to the next level

Bump up the coconut flavor by using coconut oil instead of neutral oil to sauté the veggies.