

MALAY CHICKEN AND EGGPLANT RENDANG

AUSTRALASIA
/ MALAYSIA

ORIGINS

According to ancient archives, the origins of this world-renowned dish can be traced back to the Minangkabau community of Padang in West Sumatra and were created, according to ancient archives, as early as 1000-1200AD when Indian traders would bring spices across the Bay of Bengal. The Minang people then began migrating to the Malaysian Peninsula to trade, bringing this spice-rich curry with them.



4



10 min



20 min



20 min



20 min

WHAT YOU NEED

- 1/2 pkt (15 g) Malay spice
- 500 g Chicken thigh, chopped
- 1 eggplant, cubed
- 1 onion, chopped
- 2 tsp kecap manis*
- 2 tbsp white vinegar
- 1 tsp brown sugar
- 400 ml coconut milk

HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min.

②

Add chicken and eggplant sauté, 5 min.

③

Mix vinegar, sugar and kecap manis with coconut milk and add to dish. Cover and simmer 20 min.

HOW TO SERVE

Serve with steamed rice, pineapple and cucumber achar*

HINTS & TIPS

SIDES & CONDIMENTS

cucumber and peanut salad:

100 g cucumber sliced

1 tsp light soy sauce

1 tsp lemon juice

1 tsp sugar

2 tbsp crushed peanuts

fresh chilli sliced - optional

Mix all ingredients together in a bowl.

SWAPS & ALTERNATIVES

veggie combos: omit salad and serve with steamed broccoli.

reduce meat: 250 g chicken + 200 g cooked chickpeas.

Alternatives : kecap manis = sweet soy sauce

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