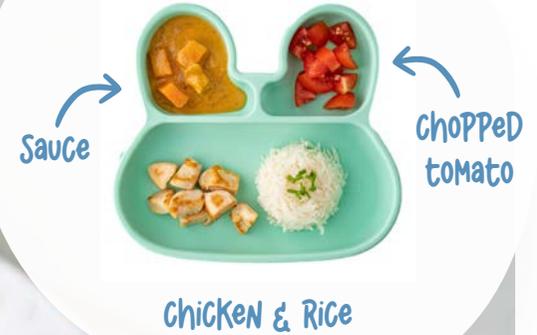




for the  
Little ones



# Butter Chicken

Creamy, delicious and healthy - this is a twist on the classic Indian takeaway curry served with basmati rice & chives.

 25 Minutes

 2 Servings

 Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	43g	122g

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
TOMATO	1
SWEET POTATO	400g
DICED CHICKEN BREAST	300g
BUTTER CHICKEN PASTE	1 jar
COCONUT MILK	400ml
CHIVES	1 bunch

## FROM YOUR PANTRY

oil for cooking

## COOKING TOOLS

large frypan with lid, saucepan or rice cooker

This is a great recipe to add extra veggies to if you like! Try zucchini, carrot, cauliflower or capsicum! You can also add a tin of chopped tomatoes to make it even more mild!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce to medium-low heat. Cook for 10-15 minutes or until water is absorbed.

**tip** Use a rice cooker if you have one!



### 2. PREPARE THE VEGETABLES

Peel and chop **onion**, dice **tomato** and **sweet potato** (1-2cm).

**tip** You can leave the tomato fresh as a topping if you like and add 2 tbsp tomato paste to the curry instead.



### 3. SEAL THE CHICKEN

Heat a large frypan with **1/2 tbsp oil** over medium-high heat. Add **chicken** and cook, stirring, until sealed.

**tip** Use higher heat when cooking the chicken to give it a nice golden colour.



### 4. ADD THE VEGETABLES

Add prepared **vegetables** to the pan and cook for 4-5 minutes or until softened.



### 5. SIMMER THE CURRY

Stir in **butter chicken paste** and combine well. Add **coconut milk**, cover and simmer for 10-12 minutes or until **sweet potato** is tender.



### 6. FINISH AND SERVE

Serve **butter chicken** with **rice**. Chop **chives** and sprinkle on top.