



for the
little ones



Chicken & Rice



Butter Chicken

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



25 Minutes



4/6 Servings



Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	40g	23g/16g	71g/67g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	1
TOMATOES	2	4
SWEET POTATO	400g	400g
DICED CHICKEN BREAST	600g	600g + 300g
BUTTER CHICKEN PASTE	1 jar	1 jar
COCONUT MILK	400ml	400ml
CHIVES	1 bunch	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. Try zucchini, carrot, cauliflower or capsicum. You can also add a tin of chopped tomatoes to make it even milder!

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 **600ml 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.

6P - cover rice with 900ml water.



2. PREPARE THE VEGETABLES

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

tip You can leave the tomatoes 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 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.

6P - add 1/2 tin water.



6. FINISH AND SERVE

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