




Product Spotlight: Broccoli


Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!




Butter Chicken with Basmati Rice

Classic Indian butter chicken curry made easy using a delicious curry paste, creamy coconut milk, and vegetables served on a bed of basmati rice.

 20 minutes

 4 servings

 Chicken

10 March 2023

Make extra!

Add extra vegetables such as snow peas, frozen peas, zucchini or spinach. Any leftovers can be frozen and enjoyed another day!

Per serve: **PROTEIN** 57g **TOTAL FAT** 31g **CARBOHYDRATES** 38g

FROM YOUR BOX

BASMATI RICE	300g
DICED CHICKEN BREAST	600g
BROWN ONION	1
BROCCOLI	1
TOMATOES	2
BUTTER CHICKEN CURRY PASTE	1 jar
COCONUT MILK	400ml

FROM YOUR PANTRY

butter, salt, pepper

KEY UTENSILS

large frypan with lid, saucepan

NOTES

You can garnish this dish with some sliced chives or chopped coriander. If you have some flaked almonds you can toast them and sprinkle on top.



1. COOK THE RICE

Place rice in a saucepan and cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SEAL THE CHICKEN

Heat a frypan with **1 tbsp butter** over medium–high heat. Add chicken and cook for 2–3 minutes or until sealed.



3. ADD THE VEGETABLES

Dice onion, cut broccoli into small florets and dice tomatoes. Add to pan as you go.



4. SIMMER THE SAUCE

Stir in curry paste, coconut milk and **1/2 tin water** until combined. Cover and simmer for 10 minutes until broccoli is tender. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Serve butter chicken with rice (see notes).



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