



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: GREEN BEANS

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young. If left on the vine, beans wither and the seeds dry and harden. They are best consumed fresh, young, green and sweet.



1. BUTTER CHICKEN

WITH NAAN BREADS

 20 Minutes

 2 Servings

A healthy version of the classic Indian butter chicken curry made easy using a delicious curry paste with clean ingredients. Served over rice with a side of fresh naan breads.

FROM YOUR BOX

BASMATI RICE	1 tub (150g)
DICED CHICKEN BREAST FILLET	300g
DICED PUMPKIN	1 bag (400g)
BUTTER CHICKEN PASTE	1 jar
COCONUT MILK	400ml
TINNED CHERRY TOMATOES	400g
GREEN BEANS	1 packet (150g)
INDIAN NAAN BREADS	2-pack
PARSLEY	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper

KEY UTENSILS

saucepan, frypan with lid

NOTES

Use oven to warm the breads, alternative warm in the microwave or in a dry frypan.

Use the rice tub to quickly measure up 1.5 x amount of water.

No gluten option - naan breads are replaced with GF wraps. Warm according to packet instructions and use to scoop up the sauces.



1. COOK THE RICE

Set oven to 220°C, grill (see notes).

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low 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 **oil** over high heat. Add chicken and cook for 2-3 minutes or until sealed.



3. SIMMER THE CURRY

Add diced pumpkin, curry paste, coconut milk and tinned tomatoes. Stir to combine. Simmer, semi-covered, over medium heat for 10 minutes.



4. ADD THE BEANS

Trim and cut beans into thirds, add to curry and simmer for further 3-4 minutes.



5. WARM THE BREADS

Warm naan breads in the oven for 2-3 minutes or according to preferred method.



6. FINISH AND PLATE

Chop parsley and adjust season with **salt and pepper** to taste, if needed.

Serve butter chicken over rice alongside naan breads. Finish with a sprinkle of parsley.