



**Product Spotlight:
Green Beans**

Unlike fruit, 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.



Butter Chicken

with Mini Naan Breads

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



20 minutes



2 servings



Chicken

Add some rice!

For extra hungry tummies – add some cooked basmati rice as well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	19g	83g

FROM YOUR BOX

DICED CHICKEN THIGH FILLETS	300g
MEDIUM POTATO	1
BROWN ONION	1
BUTTER CHICKEN PASTE	1 jar
COCONUT MILK	165ml
TINNED CHERRY TOMATOES	400g
GREEN BEANS	150g
COCKTAIL NAAN BREADS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan x 2

NOTES

Be sure to cut the potato small to keep the cooking time short! To speed up the cooking, you can cook the diced potatoes in a separate saucepan then add to curry just prior to serving.

No gluten option – naan breads are replaced with basmati rice. Place rice in a saucepan, cover with 300ml water. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



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1. SEAL THE CHICKEN

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



2. SIMMER THE CURRY

Dice potato (1–2cm, see notes) and onion, add to pan as you go along with curry paste, coconut milk and tinned tomatoes. Stir to combine. Simmer, semi-covered, over medium heat for 15 minutes or until potatoes are soft (see step 3).



3. ADD THE BEANS

Trim and cut beans into thirds, add to curry towards the end of the cooking time (allow about 5–8 minutes cooking time).



4. WARM THE BREADS

Warm naan breads in a dry frypan over medium heat for 2 minutes on each side or until warm and golden.



5. FINISH AND SERVE

Season curry with **salt and pepper** to taste, if needed. Serve butter chicken alongside naan breads. Finish with sliced mint leaves.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

