



**Product Spotlight:
Baby Spinach**

Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



Butter Chicken Curry

with Rice

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

Indian BBQ chicken!

The butter chicken paste works excellent as a marinade as well! You can marinate diced chicken, thread onto skewers and cook on the barbecue. Serve with rice, fresh salad and raita!



20 minutes



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	47g	70g

FROM YOUR BOX

BASMATI RICE	300g
DICED CHICKEN THIGHS	600g
BROWN ONION	1
TOMATOES	2
RED CAPSICUM	1
BUTTER CHICKEN PASTE	1 jar
COCONUT MILK	400ml
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan with lid, saucepan

NOTES

Serve the baby spinach fresh if you like!

You can switch up the veggies and add zucchini, sweet potato, or green beans instead!



1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SEAL THE CHICKEN

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



3. ADD THE VEGETABLES

Dice **onion** and **tomatoes**, slice **capsicum**. Add to pan as you go.



4. SIMMER THE SAUCE

Add **butter chicken paste** and stir to combine well. Pour in **coconut milk** and **1/2 tin (200ml) water**. Simmer, semi-covered, for 10 minutes.



5. ADD THE SPINACH

Stir through **spinach** until wilted. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve butter chicken at the table with rice.



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