




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!



Slow Cook Butter Chicken Curry with Rice

Tender diced chicken thighs slow-cooked in a rich, aromatic butter chicken sauce, finished with fresh baby spinach and served with fluffy basmati rice.

 3 hours + 30 minutes slow cook  Chicken  2 servings

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!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 45g | 55g | 88g |

FROM YOUR BOX

| | |
|------------------------|-------|
| DICED CHICKEN THIGHS | 300g |
| BROWN ONION | 1 |
| TOMATO | 1 |
| RED CAPSICUM | 1 |
| BUTTER CHICKEN PASTE | 1 jar |
| COCONUT MILK | 400ml |
| TINNED CHERRY TOMATOES | 400g |
| BASMATI RICE | 150g |
| BABY SPINACH | 60g |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

slow cooker, frypan, saucepan

NOTES

If your slow cooker has a sauté function, sear meat directly in the cooker. You can cook on low heat for 6–8 hours instead if you prefer.

Don't want to slow cook? Add all the butter chicken ingredients, plus 1/2 cup water to a large frypan and simmer for 20 minutes until thickened.



1. SEAL THE CHICKEN

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



2. PREPARE THE VEGETABLES

Set slow cooker to high. While **chicken** seals, dice **onion** and **tomato**, slice **capsicum**. Add to slow cooker as you go.



3. SIMMER BUTTER CHICKEN

Add **butter chicken paste** and stir to combine well. Pour in **coconut milk** and **tinned cherry tomatoes**. Cook, stirring occasionally, for 3 hours.



4. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml 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.



5. ADD THE SPINACH

Stir **spinach** through **butter chicken** to wilt. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide **rice** and **butter chicken** among bowls.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

