



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: NO WORRIES CURRIES

No Worries Curries is an Australian owned and family run business. Their mission is to make authentic, rich Indian and Asian curry spice mixes accessible to the everyday cook.



1. INDIAN CHICKEN CURRY

A speedy family style chicken curry using a delicious spice mix from No Worries Curries and pre-diced chicken breast. Served over rice with a dollop of yoghurt.

 20 Minutes

 2 Servings

FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN BREAST FILLETS	300g
CURRY SPICE MIX	1 sachet (20g)
BROWN ONION	1/2 *
YELLOW CAPSICUM	1/2 *
CARROT	1
CRUSHED TOMATOES	400g
COCONUT MILK	165ml
BABY SPINACH	1 bag (60g)
NATURAL YOGHURT	1 tub (200g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper

KEY UTENSILS

saucepan, frypan with lid

NOTES

Start with a smaller amount of spice mix if you are worried it will be too spicy! You can add mild spices such as cumin, garam masala and turmeric to increase flavour.

If the curry is too spicy, you can take it off heat and stir through the yoghurt (step 5).



1. COOK THE RICE

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.



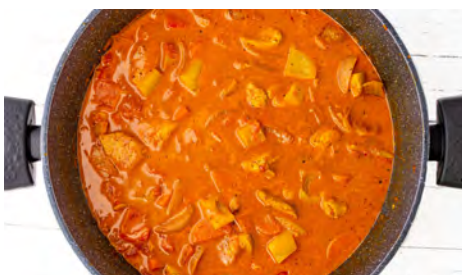
2. SEAL & SEASON THE CHICKEN

Heat a frypan with **oil** over medium heat. Add chicken and cook for 2-3 minutes until sealed. Stir in 1 tbsp curry spice mix (see notes).



3. ADD THE VEGETABLES

Slice and add onion, capsicum and carrot. Add to pan as you go.



4. SIMMER THE CURRY

Stir in crushed tomatoes and coconut milk. Bring to a simmer and cook for 8-10 minutes, covered, or until chicken is cooked through.



5. STIR IN THE SPINACH

Stir in spinach to wilt (or serve fresh if preferred) and adjust seasoning if needed with **salt and pepper** (see notes).



6. FINISH AND PLATE

Serve chicken over rice with a dollop of yoghurt.