



Product Spotlight: Curry Leaves

Any leftover curry leaves can be stored in the freezer for several months without losing much of their flavour. Place in an airtight container or zip-lock bag. Cook straight from frozen.



Chicken 65 with Green Bean Masala

A South Indian street food classic meets your weeknight dinner table! Boldly spiced yoghurt-marinated chicken served over a fragrant green bean and tomato masala, finished with crispy curry leaves and fresh chilli for an irresistible crunch.



35 minutes



Chicken



2 servings

No air fryer?

Preheat oven to 220°C. Place marinated chicken on a lined oven tray, bake for 20–25 minutes, turning halfway, until golden and cooked through. In the last 5 minutes, add chilli and curry leaves, spray with oil and return to the oven until crispy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	7g	81g

FROM YOUR BOX

GINGER	1 piece
GARLIC CLOVE	2
BROWN ONION	1
TOMATO	1
GREEN BEANS	150g
GREEN CHILLI	1
TIKKA SPICE MIX	1 packet
NATURAL YOGHURT	170g
DICED CHICKEN BREAST	300g
BASMATI RICE	150g
CURRY LEAF FRONDS	2
LEMON	1

FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, curry powder, cornflour

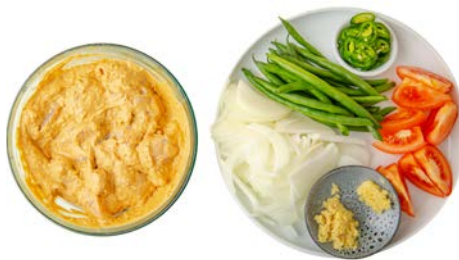
KEY UTENSILS

frypan, saucepan, air fryer (see cover notes)

NOTES

Spray oil is a great option for this recipe as it will give you an even coating without making things too oily.

Tikka spice mix: garlic granules, ground cumin, ginger, paprika and garam masala



1. PREPARE THE INGREDIENTS

Peel and grate **ginger**, crush **garlic**, slice **onion**, wedge **tomato**, trim **green beans** and slice **chilli**. Combine **1/2 ginger** and **1/2 garlic** in a bowl with **tikka mix**, **1 tbsp cornflour**, **1/2 yoghurt**, **chicken**, **salt** and **pepper**. Mix to coat **chicken**.



4. COOK THE MASALA

Heat a frypan over medium-high heat with **oil**. Add **onion**, **1 curry leaf frond**, reserved **garlic** and **ginger**. Cook for 2 minutes. Add **tomato**, **green beans**, **1 tsp curry powder** and **1/4 cup water**. Cook for 4–5 minutes until veggies are tender. Season with juice from **1/2 lemon**, **salt** and **pepper**.



2. COOK THE 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, uncover and stand for 5 minutes. Stir carefully with a fork.



5. COOK THE AROMATICS

Add **chilli slices** and remaining **curry leaf fronds** to the air fryer basket. Spray with **oil** and cook for 2–3 minutes until crispy. Add to **chicken** and toss to combine.



3. COOK THE CHICKEN

Preheat air fryer to 200°C. Lightly spray basket with **oil**. Add **chicken** (in batches) in a single layer and air fry for 12–15 minutes, turning halfway, until golden and cooked through. Remove **chicken** to a bowl.



6. FINISH AND SERVE

Divide **rice** among shallow bowls. Top with **green bean masala**, **chicken**. Add dollops of **yoghurt** and serve with **lemon wedges**.

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