



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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!



## M2 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.

 20 minutes

 2 servings

 Chicken

February–March 2022

## 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!*

## FROM YOUR BOX

BASMATI RICE	150g
DICED CHICKEN THIGHS	300g
BROWN ONION	1
TOMATO	1
RED CAPSICUM	1
BUTTER CHICKEN PASTE	1 jar
COCONUT MILK	400ml
BABY SPINACH	1 bag (60g)

## 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 1.5 x amount of water. Cover with a lid, cook on low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. SEAL THE CHICKEN

Heat a 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 tomato, 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 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.

**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**

