



# Chicken Saag Curry

with Rice

Tender chicken thighs simmered in a fragrant spinach and garam masala sauce, with juicy tomatoes, served over fluffy rice.



35 minutes



2 servings



Chicken

## FROM YOUR BOX

|                       |         |
|-----------------------|---------|
| BASMATI RICE          | 150g    |
| BROWN ONION           | 1       |
| GINGER                | 1 piece |
| BABY SPINACH          | 60g     |
| CHICKEN THIGH FILLETS | 300g    |
| TOMATO                | 1       |

## FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala

## NOTES

A blender or small food processor can be used instead of a stick mixer.

You can serve this dish with a side of papadums or naan bread.

## 1. 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.

**TIP** *For extra fragrance, cook the rice with a cinnamon stick or a few cardamom pods.*

## 2. SAUTÉ THE AROMATICS

Heat a frypan over **oil** over medium-high heat. Dice **onion**, peel and grate **ginger**, adding to the pan as you go. Cook for 5 minutes until softened. Stir in **1/2 tbsp garam masala** and cook for 1 minute until fragrant. Add **spinach** and stir until lightly wilted. Remove to a jug along with **1/4 cup water**. Blend with a stick mixer until semi-smooth (see notes). Set aside.

**TIP** *Use coconut oil or butter for a richer flavour. Blending the onion and spinach will give a smoother sauce but is optional. You can use curry powder or ground cumin if you don't have garam masala.*

## 3. COOK THE CHICKEN

Reheat pan over medium-high heat with **oil**. Halve or dice **chicken thighs** and wedge **tomato**. Add both to the pan, season with **salt and pepper**, and cook for 5 minutes until chicken is sealed. Pour in blended sauce, cover with lid and simmer for 10 minutes until the chicken is cooked through. Season to taste with **salt and pepper**.

**TIP** *Stir in a spoonful of yoghurt or cream for a richer, creamier curry.*

## 4. FINISH AND SERVE

Serve chicken saag curry with rice.

**TIP** *Garnish with fresh coriander or a squeeze of lemon juice for added freshness.*

**This recipe has simplified instructions to help lower your meal cost.**