



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



4 servings



Chicken

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
GINGER	1 piece
BABY SPINACH	120g
CHICKEN THIGH FILLETS	600g
TOMATOES	2

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 **600ml 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 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 **tomatoes**. 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.