



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccoli

This superfood is loaded with fibre, antioxidants, and vitamin C which aids in iron absorption!



2 Murgh Makhani Curry

A lovely mild curry with chicken strips, plus the added bonus of broccoli and sweet potato to help fill you up, served with pappadums and natural yoghurt.

 30 mins

 2 servings

 Chicken

16 April 2021

Spice it up!

Murgh Makhani is the traditional name for what many people often refer to as Butter Chicken. A great staple dish to have in your repertoire, made easy with the No Worries Curries spice mix.

Per serve: **PROTEIN** 55g **TOTAL FAT** 11g **CARBOHYDRATES** 87g

FROM YOUR BOX

| | |
|-------------------------|---------------------|
| CHICKEN STIR-FRY STRIPS | 300g |
| CURRY SPICE MIX | 1 packet (20g) |
| NATURAL YOGHURT | 1 tub |
| BROCCOLI | 1/2 * |
| SWEET POTATO | 400g |
| TINNED CHOPPED TOMATOES | 400g |
| BABY SPINACH | 1/2 bag (60g) * |
| PAPPADUMS | 1 packet (to taste) |
| CORIANDER | 1/2 packet * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

saucepan with lid, frypan

NOTES

Pappadums can be cooked in the microwave following the instructions on the packet.



1. MARINATE CHICKEN

Add chicken, spice mix and 1 tbsp yoghurt to a large bowl, season with **salt**. Mix until chicken is coated.



2. PREPARE VEGETABLES

Chop broccoli (including tender stem) and dice sweet potato.



3. COOK CHICKEN

Heat a saucepan over medium-high heat with **oil**. Stir in marinated chicken, cook for 2-3 minutes. Add in prepared vegetables, chopped tomatoes and **1 tin (400ml) water**. Bring to a simmer and cook covered for 15 minutes. Stir through baby spinach and season with **salt**.



4. COOK PAPPADUMS

Heat a frypan over medium heat with **oil**. Cook pappadums according to packet instructions (see notes).



5. PREPARE TOPPING

Mix together remaining yoghurt and roughly chopped coriander (reserve some for garnish) in a small bowl. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide curry evenly among shallow bowls. Top with yoghurt and serve with pappadums.

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

