



### 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](mailto:hello@dinnertwist.com.au)

