



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Green Beans


Unlike fruit, beans are sweetest when young. If left on the vine, beans wither and the seeds dry and harden. They are best consumed fresh, young, green and sweet.



1 Butter Chicken with Naan Breads

A healthy version of the classic Indian butter chicken curry, made easy using a delicious curry paste with clean ingredients. Served with a side of warm naan breads.

 20 minutes

 4 servings





 Chicken

30 July 2021

Add some rice

For extra hungry tummies - add some cooked basmati rice as well!

FROM YOUR BOX

DICED CHICKEN BREAST 	600g
MEDIUM POTATOES	2
BROWN ONION	1/2 *
BUTTER CHICKEN PASTE	1 jar
COCONUT MILK	400ml
TINNED CHERRY TOMATOES	400g
GREEN BEANS	1 packet (250g)
COCKTAIL NAAN BREADS	1 packet
MINT	1/2 bunch *
NATURAL YOGHURT	1/2 tub (100g) *
 SWEET POTATO	1
 CHICKPEAS	1 packet
 PANEER CHEESE	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper


KEY UTENSILS

large frypan x 2

NOTES

Be sure to cut the potatoes small to keep the cooking time short! To speed up the cooking, you can cook the diced potatoes in a separate saucepan then add to curry just prior to serving.


No gluten option - naan breads are replaced with basmati rice. Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low heat for 10-15 minutes.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. SEAL THE CHICKEN

Heat a large frypan with **oil** over medium-high heat. Add chicken and cook for 2-3 minutes or until sealed.

 **VEG OPTION - Heat a large frypan with oil over medium-high heat. Dice paneer cheese and add to pan. Cook for 2-3 minutes until brown on each side. Remove to a plate, keep pan warm.**



4. WARM THE BREADS

Warm naan breads in a dry frypan over medium heat for 2 minutes on each side or until warm and golden.



2. SIMMER THE CURRY


Dice potatoes (1-2cm, see notes) and onion, add to pan as you go along with curry paste, coconut milk and tinned tomatoes. Stir to combine. Simmer, semi-covered, over medium heat for 15 minutes or until potatoes are soft (see step 3).

 **VEG OPTION - Continue as above, adding diced sweet potato as well.**



5. FINISH AND SERVE

Season curry with **salt and pepper** to taste, if needed. Serve butter chicken alongside naan breads. Finish with sliced mint leaves and a dollop of yoghurt.

 **VEG OPTION - Serve curry alongside naan breads. Top with paneer cheese, sliced mint leaves and a dollop of yoghurt.**



3. ADD THE BEANS

Trim and cut beans into thirds, add to curry towards the end of the cooking time (allow about 5-8 minutes cooking time).

 **VEG OPTION - Along with green beans, add drained chickpeas.**

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**

