



## Masala Chicken Curry

with Spinach and Crispy Ginger



20-30min



2 Portions

For easy Southern Indian flavours, try this quick chicken and spinach curry. Cooked using a mild curry paste fragrant with garam masala, cumin and coriander, and topped with a garnish of fried ginger, this is a great curry for those with lower heat tolerances.

## What we send

- ginger, brown onion
- baby spinach leaves
- free-range chicken tenderloins
- Greek-style yoghurt <sup>7</sup>
- Goan-style curry paste
- basmati rice

## What you'll require

- sea salt and pepper
- vegetable oil
- water

## Utensils

- large deep frypan
- medium saucepan
- paper towel
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 675kcal, Fat 25.6g, Carbs 66.8g, Proteins 42.0g



### 1. Marinate chicken

Combine the **yoghurt** and **curry paste** in a bowl and season with **salt and pepper**. Cut the **chicken** into 3cm chunks, then add to the yoghurt mixture and stir to combine. Put **750ml (3 cups) water** (see staples list) in a medium saucepan, add **salt** and bring to the boil for the rice.



### 4. Fry ginger

While the rice is cooking, heat **1 tbs oil** in a large deep frypan over high heat. Add the **ginger** and cook for 1 min or until crisp and golden. Remove with a slotted spoon and drain on paper towel. Reduce heat to medium and heat **remaining oil** in the pan. Add the **onion** and cook, stirring occasionally, for 5 mins or until lightly golden.



### 2. Prepare ingredients

Halve the **onion**, then thinly slice. Peel the **ginger**, then very thinly slice and cut into thin matchsticks.



### 5. Cook chicken

Add the chicken mixture and the **remaining 125ml (½ cup) water** (see staples list), and stir to combine. Cook, stirring, for 4 mins or until the chicken is almost cooked through.



### 3. Cook rice

Cook the **rice** in the pan of boiling salted water for 12 mins or until tender. Drain in a sieve and keep warm.



### 6. Add spinach

Stir the **baby spinach** into the curry and cook for 1 min or until leaves are wilted. Season with **salt and pepper**. Divide the rice and chicken curry among plates and scatter over the crispy ginger to serve.