



Masala Chicken Curry

with Spinach and Crispy Ginger



20-30min



4 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

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

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 **1L 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 ½ 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 175ml (¾ 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.