

## **Fragrant Butter Chicken with Basmati Rice**

Butter chicken, actually an invention of South Asian immigrants to Britain, has quickly become one of the most popular curries worldwide. And with good reason! We think it's a perfect mid-week dinner and is guaranteed to satisfy even the fussiest of eaters.



Prep: 15 mins Cook: 20 mins **Total:** 35 mins



level 1



eat me first



## **Pantry Items**













Basmati Rice



Brown Onion







Butter Chicken















Greek Yoghurt

Baby Spinach

Slivered Almonds

2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely chopped
1 bunch	2 bunches	coriander, stalks finely chopped & leaves picked 🕀
⅔ sachet	1 ⅓ sachets	butter chicken spice blend (recommended amount)
1 packet	2 packets	free range chicken thighs, chopped into 2 cm pieces
1 sachet	2 sachets	tomato paste
²⁄₃ cup	1 ⅓ cups	hot water *
1 tub	2 tubs	Greek yoghurt
1 ½ tbs	3 tbs	butter *
½ bag	1 bag	baby spinach leaves, washed $\oplus$
1 packet	2 packets	slivered almonds

Ingredient features in another recipe

Pantry Items

Pre-preparation

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Energy	3280	Kj
Protein	44.3	g
Fat, total	32	g
-saturated	12.5	g
Carbohydrate	76.3	g
-sugars	12.7	g
Sodium	313	mg

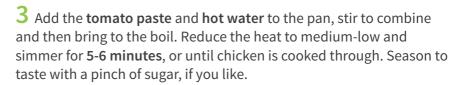


**You will need:** chef's knife, chopping board, sieve, medium saucepan, medium frying pan and wooden spoon.

Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes** or until the rice is soft. Drain and return to the saucepan. Set aside.



2 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and **coriander stalks** and cook, stirring, for **3-4 minutes**, or until soft. Add the **butter chicken spice blend** and cook, stirring, for **2 minutes**, or until fragrant. Add the **chicken thigh** to the pan and cook, stirring, for **5 minutes**, or until golden on the outside.





4 Remove from the heat and stir through the **Greek yoghurt** and **butter** until combined. Stir through the **baby spinach leaves** for **2-3 minutes**, or until wilted. Season to taste with **salt** and **pepper**.



**5** To serve, divide the rice between plates and top with the butter chicken. Garnish with **coriander leaves** and **slivered almonds**. Enjoy!

**Did you know?** A massive 80% of the world's almonds are grown in California.