

U C O O K

— COOKING MADE EASY

LEAN & CLEAN BUTTER CHICKEN

with protein-packed quinoa, yoghurt & flaked almonds

Get that creamy, aromatic butter chicken experience — with none of the guilt! Thickened with plain yoghurt, loaded with baby spinach and fresh ginger, and paired with quinoa instead of rice for a superfood boost.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure



Health Nut

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Ingredients & Prep

150g	Free-Range Chicken Mini Fillets
10ml	Spice and All Things Nice Butter Chicken Curry Spice
100ml	White Quinoa
10g	Flaked Almonds
1	Onion <i>one half peeled & finely diced</i>
10g	Fresh Ginger <i>peeled & grated</i>
100g	Cooked Chopped Tomatoes
100ml	Low Fat Plain Yoghurt
50g	Cucumber <i>finely diced</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
20g	Baby Spinach <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. CHICKEN MARINADE & QUINOA Pat the chicken dry with some paper towel and place in a bowl. Add ½ tsp of butter chicken curry spice, some seasoning, and a drizzle of oil. Toss to coat and set aside to marinate. Rinse the quinoa, place in a pot, and submerge in 200ml of water. Place over a medium-high heat and bring to a simmer with the lid off. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out. If it starts to dry out during the cooking process, add more water in small increments to continue. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

2. TOAST THE ALMONDS Place the flaked almonds in a pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and set aside to cool.

3. BUTTER CHICKEN CURRY BASE Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent, shifting occasionally. Add the grated ginger and the remaining curry spice to taste. Fry for another minute until fragrant, shifting constantly. Stir in the cooked chopped tomatoes, the yoghurt, and 50ml of water. Bring to a simmer, pop on a lid, and cook for 10-12 minutes until thickened.

4. MAKE YOUR CRISP CUCUMBER SAMBAL While the sauce is simmering, place the diced cucumber in a bowl with three-quarters of the chopped coriander. Add a drizzle of olive oil and some seasoning to taste. Toss to combine and set aside for serving.

5. CURRY-POACHED CHICKEN Once the sauce has thickened, stir through the rinsed baby spinach and marinated chicken. Replace the lid and simmer for another 5-6 minutes until the chicken is cooked through, giving it a stir halfway. Season to taste and remove from the heat on completion.

6. GRUB'S UP! Make a bed of fluffy quinoa and smother with the creamy butter chicken curry. Garnish with the toasted almond flakes and remaining chopped coriander. Serve with the fresh cucumber sambal on the side. Good work, Chef!



Chef's Tip

Quinoa is a great high-protein, high-fiber alternative to other grains. Plus, it's high in magnesium, which helps to produce oxygen-carrying red blood cells. Enjoy it as a warm side or use it instead of bulgur wheat for a healthier tabbouleh.

Nutritional Information

Per 100g

Energy	480kJ
Energy	118Kcal
Protein	9.2g
Carbs	13g
of which sugars	2.2g
Fibre	2.2g
Fat	3g
of which saturated	0.5g
Sodium	62mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days