



U C O O K

— COOKING MADE EASY

Lean & Clean Butter Chicken

with protein-packed quinoa, greek yoghurt & a poppadom

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

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Health Nut**

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Ingredients & Prep

150g	Free-Range Chicken Mini Fillets
10ml	Spice and All Things Nice Butter Chicken Curry Paste
10g	Flaked Almonds
75ml	White Quinoa
1	Onion <i>one half peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Cooked Chopped Tomatoes
50g	Cucumber <i>diced</i>
3g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
1	Poppadom
100ml	Greek Yoghurt
20g	Baby Spinach <i>rinsed</i>

From Your Kitchen

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

1. MARINATE & TOAST Rinse the mini fillets to get rid of any residue from the packet and pat dry with paper towel. Place in a bowl and add some seasoning, a drizzle of oil, and ½ tsp of curry paste. Toss to coat and set aside to marinate. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. FLUFFY QUINOA Rinse the quinoa, place in a pot, and submerge in 200ml of salted water. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and its tails have popped out, adding more water in small increments if it starts to dry out. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. CURRY BASE Place a pot over 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 garlic and the remaining curry paste to taste, and fry for another minute until fragrant, shifting constantly. Pour in the cooked chopped tomatoes and 50ml of water. Give it a stir, bring to a simmer, and pop on a lid. Cook for 10-12 minutes until thickened.

4. WHILE THE SAUCE IS SIMMERING... Place the diced cucumber in a bowl with three-quarters of the sliced mint. Add a drizzle of olive oil and some seasoning, toss to combine, and set aside for serving. Return the pan to a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom for 30 seconds per side. As soon as it starts curling, use a spatula or tongs to flip it and flatten it out. Keep flipping and flattening until golden and puffed up. Remove from the pan on completion and drain on some paper towel.

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

6. GRUB'S UP! Make a bed of quinoa and smother in the creamy butter chicken curry. Garnish with the toasted almond flakes and remaining sliced mint. Serve the fresh cucumber sambal on the side and scoop up all that flavour with the crispy poppadom. 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	473kJ
Energy	113Kcal
Protein	9.2g
Carbs	13g
of which sugars	2.1g
Fibre	1.8g
Fat	2.7g
of which saturated	0.5g
Sodium	93mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days