



EASY, TASTY
RECIPES

CHICKEN, BUTTERNUT & SPINACH CURRY

INGREDIENTS

Quantity for 4:

Diced Chicken – 400g
Vegetable oil – 35ml
White Onion – 345g
Butternut Squash – 400g
Curry paste (mild) – 105g
Chicken stock cube – 1
Boiled water – 500ml
Fresh Spinach – 150g
Natural Yoghurt – 200g
Fresh Coriander – 10g

INSTRUCTIONS

1. Prepare the butternut squash by firstly peeling and then chopping in half and deseed using a spoon. Once peeled and deseeded chop into roughly 1cm size cubes.
 2. Chop and prepare the onions into medium size pieces and set to one side.
 3. In a separate pan place the cubed butternut squash and the oil, cook for approximately 8-10 minutes.
 4. Add the onions and continue to cook for a further 5-8 minutes, stirring occasionally, until the butternut becomes tender and the onions become translucent.
 5. Add the mild curry paste and cook off for approximately 3-4 minutes.
 6. Add the chicken stock cube to the boiled water and pour over the butternut and onions and bring to the boil, allow to simmer for 5-10 minutes.
 7. Remove from the heat and blitz the butternut, onions and stock together until it forms a thick sauce.
 8. Return to the heat and place the diced and chicken into the sauce, bring back to the boil for approximately 5 minutes. Reduce the heat and simmer for approx. 20-25 minutes until the sauce is piping hot, and the chicken is cooked.
 9. Remove from the heat and stir the fresh spinach through the curry just before serving and serve immediately.
- Garnish with fresh chopped coriander

COOKS TIPS

Serve along side fluffy basmati rice, naan breads, mango chutney and poppadoms

Or

Use up Christmas left over and swap the chicken for Turkey.



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