

DINNERLY



15-Min Butter Chicken with Basmati Rice and Green Beans



under 20 minutes



2 Servings

Leave it to us to make weeknight cooking even simpler and faster. Amped with a variety of brilliant ready-to-go ingredients to make life easier, you'll love how quick and downright good this 15-minute recipe is!

WHAT WE SEND

- 150g green beans
- 1 spring onion
- chicken tenderloins
- 50g Indian butter curry paste¹
- 200ml coconut milk
- 250g microwave basmati rice²

WHAT YOU NEED

- 2 tsp olive oil
- pinch of sugar

TOOLS

- medium deep frypan
- microwave

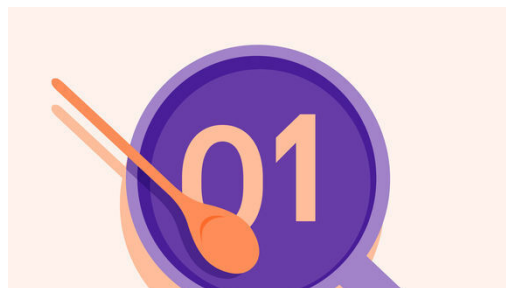
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Cashew (1), Soy (2). May contain traces of other allergens.

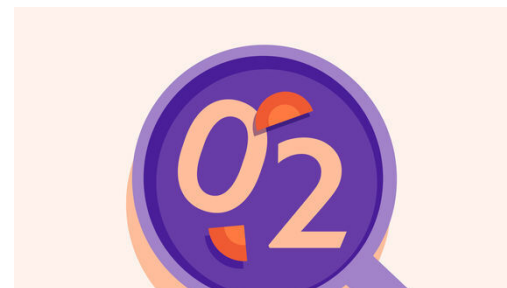
NUTRITION PER SERVING

Energy 645kcal, Fat 27.2g, Carbs 50.0g, Protein 42.5g



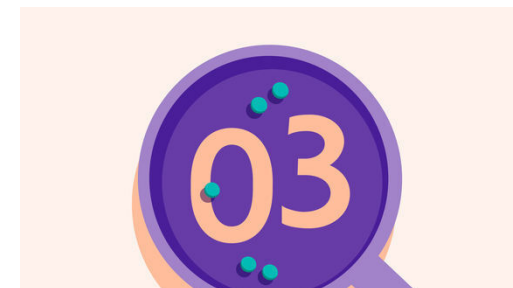
1. Brown chicken

Trim the **beans**. Thinly slice the **spring onion**. Season the **chicken** with **salt and pepper**. Heat **a drizzle of olive oil** in a medium deep frypan over high heat. Cook the chicken for 1-2 mins each side until lightly browned. Add the **curry paste** and cook, stirring, for 30 secs or until fragrant.



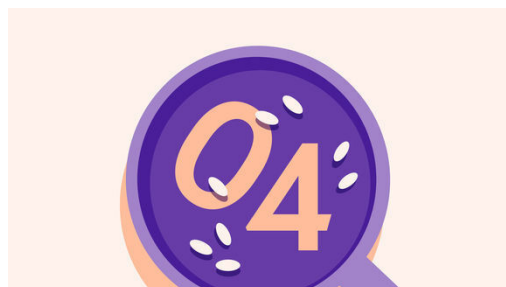
2. Simmer chicken

Stir the **coconut milk** and **2 tbs water** into the chicken mixture. Bring to a simmer, then reduce the heat to medium-high. Add the **beans** and **a pinch of sugar** and cook for 3-4 mins until the chicken is cooked through and the beans are tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



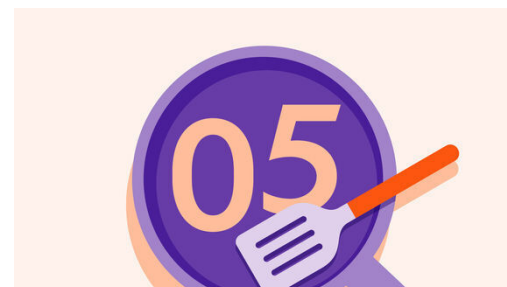
3. Warm rice and serve up

Massage the **packet of rice** to loosen and tear a 2cm opening for the steam to escape. Heat in the microwave for 90 secs or until warmed through. Combine the rice and **spring onion** in a bowl. Divide the **spring onion rice** and **butter chicken** among bowls and enjoy!



4. ...

How cool is that? Done in 15 minutes!



5. ...

Were you expecting another step? You're not gonna find it here. That's all folks!



6. ...

We value and listen to your feedback. Tell us what you think about this recipe by rating it in the app or on the website.