

Dinner

RECIPE CARD

Chicken, Spinach & Potato Curry (serves 4)

RECIPE NAME

Dinner

MEAL TIME

10 minutes

PREP TIME

30 minutes

TIME TO COOK

The perfect
guilt-free curry!

NOTES

551 kcal
per serving

CALORIES

INGREDIENTS

- ★ 1 Onion, peeled & finely chopped
- ★ 800g skinless & boneless Chicken breasts or thighs, cut into bite-sized pieces
- ★ 4 large Potatoes, peeled & cut into large bite-sized pieces
- ★ 170g baby leaf Spinach, roughly chopped
- ★ 2tbsp medium or hot Curry powder
- ★ 400g can Chopped Tomatoes
- ★ A large handful of chopped Coriander and Mint Leaves

METHOD



Place a large, non-stick frying pan over a medium heat. When hot, add in the onion, chicken, potatoes, spinach and curry powder, mix well. Stir-fry for 2-3 mins.



Add the chopped tomatoes and 400ml of water, bring to the boil. Cover, reduce the heat to low and cook gently for 25-30 mins, or until the chicken and potatoes are cooked through and tender.



Remove from the heat and season well. Stir in the chopped herbs and serve immediately.