

NEW Tasmanian made curry pastes!

Serves 4

Butter Chicken Curry with Rice

ingredients

- 50g Butter Chicken Curry Paste
- 500g Chicken Diced
- Generous 'dob' of dairy butter
- Fresh chilli
- Basmati Rice
- Fresh tomato or 1/2 can diced tomatoes
- Spinach leaves
- Fresh coriander leaves
- 1/2 can coconut milk
- Greek Yoghurt

method

Add 50g of Island Curries Butter Chicken Paste to 500g diced chicken and mix through. Set aside.

Add a tablespoon of oil to the pan and thoroughly caramelize a large onion on high heat.

Add the Chicken and paste stirring the bottom of the pan firmly until the moisture starts to rise and simmer. Reduce heat, add a handful of spinach leaves, fresh coriander to taste, and a large fresh tomato or half a can of diced tomatoes. Add 1/4 teaspoon of chilli powder or chopped fresh chilli to taste. Taste, add salt if necessary. The dish can be served at this stage with Greek yoghurt on the side, or else you may add half a can of coconut milk and stir through, simmer.

Serve with rice as follows; add one to two cups of rice to a saucepan and toast lightly on hotplate, add several cups of water and soak for a few minutes then rinse. Drain the rice and return to saucepan, add two cups of water per cup of rice used, then bring to the boil. Put the lid on the saucepan, turn off the hotplate and leave for 10 minutes. Serve.

SPICY

30 Minute Butter Chicken Curry with Rice

ingredients

- 1 large onion sliced
- 500g diced chicken thigh fillets
- 50g Island Curries Butter Chicken paste
- 1/2 can tomatoes or 2 tbs tom paste
- potato & pumpkin
- fresh coriander
- 1 tbsp butter pieces
- 2 tbs thick cream

method

Brown the onion with 1 tbsp oil in a hot pan.

Add chicken and 50g Island Curries Tandoori paste and stir for about 10 minutes until cooked and simmering.

Add chilli powder to taste (1/4 tsp = hot).

Reduce heat adding the tomato, 1/2 cup coriander leaves 1 cup cubed potato/pumpkin & butter. Simmer gently for 20 mins. Add cream & stir. Serve with Basmati rice.

Tip: if you're in a hurry, pre-heat the potato in microwave for 5 mins.

Vindaloo

Massaman

Bengal

Butter
Chicken

Madras

Khorma