



Nourish Your Body & Soul

INDIAN-SPICED CHICKEN WITH SPINACH

INGREDIENTS

- 1 1/2 tbsp canola or sunflower oil
- 1/4 tsp fenugreek seeds
- 1/2 large onion
- 1-inch piece fresh ginger
- 2 large garlic cloves
- 1/4 tsp turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp kosher salt
- pinch of cayenne
- 1 lb boneless, skinless chicken thighs
- 1/2 cup diced canned tomatoes
- 4 cups baby spinach
- 1/4 bunch cilantro
- 1 lemon

TOOLS

- 10 inch frying pan with lid
- Large cooking spoon
- Cutting board
- Chopping knife & paring knife
- Hand juicer

MAKE IT VEGAN

- Substitute tofu for chicken. Slice a block of tofu in half and press between two cutting boards for 15 minutes, then chop.

PREP TIME: 15 MINS

COOK TIME: 25 MINS

TOTAL TIME: 40 MINS

PREP IT

1. Slice the lemon in half and juice it.
2. Chop the cilantro leaves and tender stems and set aside.
3. Mince the garlic & ginger and set aside, then finely chop the onion and set aside separately.
4. Chop the chicken into 1-inch chunks.

COOK IT

1. Heat the oil in the frying pan over medium-high heat.
2. Add the fenugreek seeds; sizzle momentarily, then stir in onion and cook, stirring often, until lightly browned, about 5 minutes.
3. Add the ginger, garlic, turmeric, coriander, cumin, salt and cayenne to the pan; sizzle momentarily, then add the chicken and cook, stirring often, about 3 minutes, until no longer pink on the outside.
4. Add the tomatoes and simmer, covered, 8 minutes.
5. Stir in the spinach and simmer, covered, until wilted, about 3 minutes.
6. Stir in the cilantro and 1 tbsp lemon juice, and serve.