

Nepalese Chicken Tarkari

with Garlic-Spinach Rice & Spiced Tomato Sauce

In the Himalayan country of Nepal, tarkari is enjoyed as a daily meal with wonderful complexity of flavor. Though it usually refers to vegetable curry, the word can describe any number of variations. Here, we're making pan-seared chicken, served over a creamy, gingered tomato sauce—both seasoned with traditional curry spices. We're rounding out the tarkari with a side of aromatic rice, infused with garlic and finished with sautéed spinach.

Blue Apron Wine Pairings

Lichen Plank Viognier, 2014

Scharf Farms Vineyard Pinot Gris, 2015



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- ¾ Cup Jasmine Rice
- 1 15-Ounce Can Crushed Tomatoes
- 4 Ounces Spinach
- 3 Cloves Garlic
- 2 Scallions

Knick Knacks

- 2 Tablespoons Crème Fraîche
- 1 1-Inch Piece Ginger
- 1 Tablespoon Chicken Tarkari Spice Blend
(Curry Powder, Ground Cumin, Ground Cinnamon & Ground Cloves)

Makes: 2 servings | **Calories:** about 655 per serving
Prep Time: 10 minutes | **Cook Time:** 25–35 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the white bottoms and cut the green tops into ½-inch pieces, keeping them separate.

2



Start the rice:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **rice**, **a big pinch of salt** and **1½ cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff with a fork. Set aside in a warm place.

3



Cook & drain the spinach:

While the rice simmers, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Transfer the drained spinach to a cutting board and finely chop. Wipe out the pan.

4



Cook the chicken:

While the rice continues to simmer, pat the **chicken** dry with paper towels; season on both sides with salt, pepper and **half the spice blend**. In the pan used to cook the spinach, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken; cook, loosely covering the pan with foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer to a cutting board, leaving any browned bits (or fond) in the pan. Set aside in a warm place.

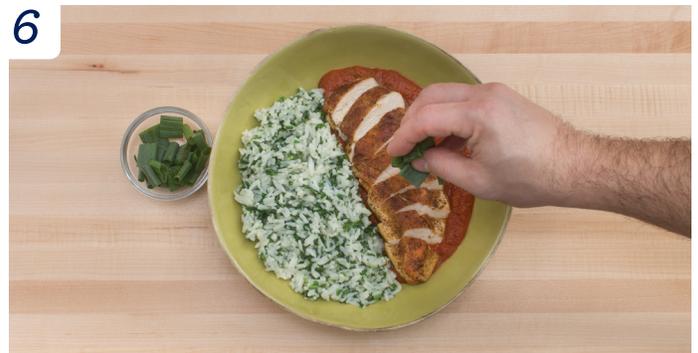
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Make the tomato sauce:

Heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 1 teaspoon of olive oil.) Add the **white bottoms of the scallions**, **ginger** and **remaining spice blend**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **tomatoes**; season with salt and pepper. Simmer, stirring occasionally, 4 to 6 minutes, or until thickened and slightly reduced in volume. Add the **crème fraîche** and simmer, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Remove from heat; season with salt and pepper to taste.

6



Finish the rice & plate your dish:

Slice the **cooked chicken** crosswise. Add the **chopped spinach** to the pot of **cooked rice**; stir to thoroughly combine and season with salt and pepper to taste. Divide the finished rice and **tomato sauce** between 2 dishes. Top the sauce with the sliced chicken. Garnish with the **green tops of the scallions**. Enjoy!