



## Bunny Chow Chicken Curry

on Toasted Ciabatta



30-40min



2 Servings

Bunny Chow is a South African comfort-food favorite. It's typically a meat-based curry served in hollowed-out white bread. We don't stray far from tradition with our take consisting of chicken strips and chickpeas with ginger, onions, curry powder, and tomato paste. Ciabatta turns into a toasty bowl to hold the curry, soaking up the saucy goodness, and with a dollop of yogurt and fresh cilantro on top, we're ready to dig in!



## What we send

- 1 oz fresh ginger
- 1 medium red onion
- ½ lb chicken breast strips
- ¼ oz curry powder
- 6 oz tomato paste (use 2 Tbsp)
- 1 can chickpeas
- 3 oz baby spinach
- 4 oz Greek yogurt <sup>7</sup>
- 2 ciabatta rolls <sup>1</sup>
- ½ oz fresh cilantro

## What you need

- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>
- sugar

## Tools

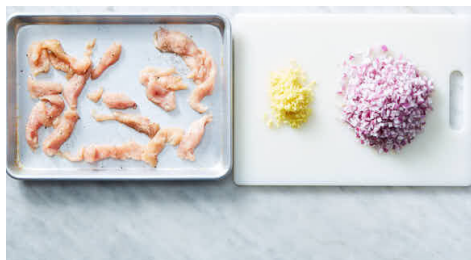
- medium nonstick skillet

### Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 710kcal, Fat 29g, Carbs 96g, Proteins 53g



### 1. Prep ingredients

Peel and finely chop **ginger**. Finely chop **onion**. Pat **chicken** dry and season all over with **salt** and **pepper**.



### 2. Cook chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** and cook, stirring occasionally, until lightly browned and just cooked through, 3-5 minutes. Transfer to a plate.



### 3. Cook aromatics

Heat **1 tablespoon each of butter and oil** in same skillet over medium-high. Add **onions** and cook, stirring, until golden, 2-3 minutes. Stir in **ginger** and **all of the curry powder**; cook until fragrant, about 1 minute. Stir in **2 tablespoons tomato paste** and **2 teaspoons sugar**; cook, stirring, until tomato paste is brick red, 1-2 minutes.



### 4. Simmer curry

Add **chickpeas and their liquid** to skillet with **aromatics**; bring to a boil. Simmer over medium heat, stirring occasionally, until sauce is thickened, 3-4 minutes. Add **spinach** in large handfuls, stirring after each addition; cook until just wilted. Add **chicken** and cook until just heated through, about 1 minute more. Remove from heat, then stir in **half of the yogurt**.



### 5. Toast bread

Split **rolls**, if necessary. Use your fingers to scoop out the center of each roll, leaving a ½-inch border at the edge. Toast rolls in toaster oven or under the broiler until lightly golden, 1-2 minutes (watch closely).



### 6. Finish & serve

Coarsely chop **cilantro leaves and stems**. Season **curry** to taste with **salt** and **pepper**. Ladle **chicken curry** over **toasted rolls**. Top with **remaining yogurt** and **chopped cilantro**. Enjoy!