



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 red onion
- ½ lb pkg chicken breast strips
- ¼ oz curry powder
- 6 oz tomato paste
- 15 oz can chickpeas
- 3 oz baby spinach
- 4 oz Greek yogurt ⁷
- 2 ciabatta rolls ¹
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- neutral oil
- butter ⁷
- sugar

Tools

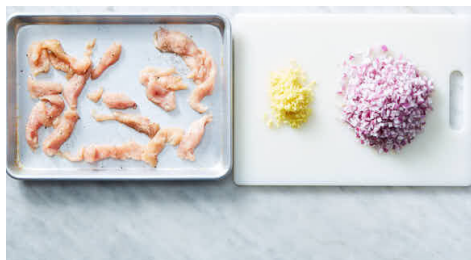
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 30g, Carbs 96g, Protein 53g

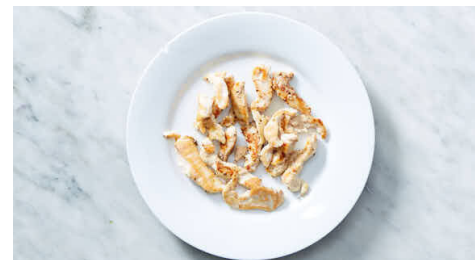


1. Prep ingredients

Peel and finely chop **ginger**.

Finely chop **onion**.

Pat **chicken** dry; 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!