

Dipna Anand Palak Chicken

Cuisine: **Indian**

Food category: **Poultry**



Author: **Samuel Ashton**

Company: **Retigo UK**



Program steps

1 Hot air 100 % Termination by time 00:30 hh:mm 190 °C 100 %

Ingredients - number of portions - 0

Name	Value	Unit
fresh baby spinach	200	g
Chopped Tomato	400	g
white onions	2	pcs
chicken thigh or breast	800	g
butter	30	g
Garlic & ginger paste	20	g
green chilli	2	pcs
chopped coriander	20	g
vegetable oil	80	ml
cumin seeds	15	g
coriander powder	25	g
turmeric	15	g
chilli powder	4	g
garam masala	20	g
salt	7	g

Nutrition and allergens

Allergens: Milk

Minerals: 17 mg, 21 mg, Calcium, Calcium: 23 mg, Cu, Iron, Iron: 0, Magnesium, Magnesium: 10 mg, Manganese, Pektin, Phosphorus, Phosphorus: 29 mg, Potassium, Potassium: 146 mg, Sodium, Sodium 38758 mg, Sodium: 4 mg, Zinc, Zinc: 0, Zn

Vitamins: 02 mg, 05 mg, 1 mg, 12 mg, 4 mg, A, B1, B2, B3, B6, C, D, E, Folate, Folate: 19 mcg, K, Niacin, Niacin: 0, Riboflavin, Riboflavin: 0, Thiamin, Thiamin: 0, Vitamin A, Vitamin A: 2 IU, Vitamin B6, Vitamin B6: 0, Vitamin C, Vitamin C: 7, Vitamin E, Vitamin K

Directions

- 1)Boil water with 1 teaspoon of salt to blanch spinach. Once water is boiling, roughly break the spinach and add to water. Blanch spinach in water for 2 minutes until it starts to boil. Remove from heat, strain water (do not squeeze out all of the water, just strain), leave to one side
- 2)Heat the oil in a Vision tray, once the oil is heated, add the cumin seeds
- 3)Once cumin sizzles, add onions and cook for 4-5 minutes
- 4)Once onions are caramelized and very brown, add green chilli, ginger and garlic paste and tomatoes, cook for 30 seconds
- 5)Add turmeric, red chilli, coriander powder, cumin powder, salt and black pepper, put the lid on to the pan and cook for 4-5 minutes (stirring now and again)
- 6)Once the masala is sizzling and the oil has seeped out of the edges, add the blanched spinach leaves, cook for 2 minutes with the lid on
- 7)Remove the spinach and tomato masala from the heat and purée using a blender
- 8)Put the spinach masala back in the oven to the heat and add the butter, cook for another 4-5 minutes with the lid on (mix occasionally)
- 9)Add the chicken pieces to the spinach masala and coat well
Add in 100ml of the water and put the lid on to cook the chicken for 12-14 minutes on a 190 degrees (mix occasionally)

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

10) Remove the lid from the Vision tray add garam masala and fresh chopped coriander, add more water if needed and cook until the chicken is fully cooked, this should take another few minutes

11) Adjust the season accordingly before removing from heat, garnish and serve

Recommended accessories



Vision Pan



Enameled GN container