

Butter Chicken & Kohlrabi, Cabbage & Carrot Slaw

Inspired and adapted from Gimme Delicious & The Kitchen



- 1 tablespoon oil
- 1 tablespoon butter
- 1 medium *onion* diced
- 1 teaspoon fresh ginger grated
- 3 cloves *garlic* minced
- 1 ½ pounds or 2-3 boneless, skinless chicken breasts, cut into ½ inch chunks
- 4 tablespoons *tomato paste*
- 1 tablespoon garam masala
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 cup plain yogurt
- 1 cup of dry *rice*
- 3 cups of water
- 1 teaspoon of salt

1. Start the rice by bringing water and salt to a boil in a small pot. Stir in rice. Cover and cook on low heat until all liquid is absorbed, about 30 minutes.
2. Heat a large skillet or medium saucepan over medium-high heat. Add the oil, butter, and onions and cook onions down until lightly golden, about 3-4 minutes.
3. Add the ginger and garlic and let cook for 30 seconds, stirring often so it **doesn't** burn.
4. Add the chicken, tomato paste, and spices. Cook for 10-15 minutes, or until everything is cooked through.
5. Add the yogurt and simmer very lightly for about 10 minutes, stirring occasionally.
6. Serve over rice.

- 1 *kohlrabi*, peeled with stems trims, then grated (see next page!)
- 1 head of *cabbage*, shredded
- 2 medium *carrots*, peeled and grated
- ½ *red onion*, grated or thinly sliced
- 4 tablespoons chopped cilantro (optional)
- ¼ cup mayonnaise
- 1 tablespoon cider vinegar
- 1 tablespoon sugar
- 1 teaspoon salt

1. Combine the kohlrabi, cabbage, carrots, onion & cilantro in a large bowl.
2. In a smaller bowl, whisk together the mayonnaise, cider vinegar, sugar, and salt.
3. Pour the dressing over the slaw, and mix until fully coated. Chill before serving.

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Cooler weather has come, but that doesn't mean we lose delicious local food! This November's Local Food Club we used our local items to broaden our taste buds and try some new cuisines. Diwali, known as the Festival of Lights, was on November 4th; which gives us a great reason to use some local food for a delicious Butter Chicken entrée! We paired this with a kohlrabi-based slaw, that although is not a Diwali inspired food, makes a beautiful side dish and a great way to use our late fall veggies!

You'll find that with the cooler months coming up, sometimes we have to reach a little further to get all our supplies. Although most of the items in this pack are right from the Headwaters region, the rice comes from Thunder Bay, and the tomato paste is from Concord (and sold in No Frills). Ontario has so much to offer us! We love feedback, as it allows us to improve and grow! Don't hesitate to reach out to us by email or on social media to tell us what you love, what could be improved, or any new ideas you have for us!

Prepping your Kohlrabi to be grated – pictures and more from [The Kitchn](#)

1. Trim off any stems
2. Cut the kohlrabi into quarters, remember to keep your fingers clear, and puncture the vegetable before cutting all the way through
3. Remove the tough core with a knife
4. Peel the thick outer layer and chop the top off



From the LFC Test Kitchen

Prep the slaw first. It gives it time to sit in the fridge for the flavours to meld.
If you're a family who loves sauce, we recommend using the whole can of tomato paste and doubling the yogurt and add extra spices.
Although this recipe isn't too hot in spice, you can use less chili powder if you want to play it safe.

Now You Know

Kohlrabi is a cruciferous vegetable, therefore its in the same family as cabbage, kale and broccoli. It is commonly a biennial vegetable, meaning it has a 2-year life cycle!
The bulb part of kohlrabi tastes similar to broccoli, and the leaves similar to kale!

this month's local food is from...

Kohlrabi & Napa Cabbage
Fiddle Foot Farm
fiddlefootfarm.com

Carrots & Onions
Am Braigh Farm
ambraighfarm.com

Tomato Paste
Tim & Heather's No Frills
nofrills.ca

Garlic
Hidden Meadows Farm
facebook.com/HiddenMeadowsFarmCaledon

Ontario Rice
Wildly Canadian
wildlycanadian.com

The Local Food Club is a project of Headwaters Food & Farming Alliance, a project of Headwaters Communities in Action.

food@headwaterscommunities.org

hffa.ca/farmtoschool

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