



# North Indian Style Coconut Chicken Curry with Green Beans and Zesty Rice

**Classic** 25-30 Minutes • Medium Spice • 1 of your 5 a day

7



Green Beans



Garlic Clove



Lime



Jasmine Rice



Diced Chicken Thigh



North Indian Style Spice Mix



Coconut Milk



Ketjap Manis



Soy Sauce



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, fine grater, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	120g	150g
Garlic Clove**	1	2	2
Lime**	1	1	1
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
North Indian Style Spice Mix	1 sachets	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Ketjap Manis <b>11</b> )	25g	25g	50g
Soy Sauce <b>11</b> ) <b>13</b> )	15ml	23ml	30ml
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	414g	100g	414g	100g
Energy (kJ/kcal)	3245 / 776	783 / 187	2984 / 713	720 / 172
Fat (g)	34.7	8.4	24.5	5.9
Sat. Fat (g)	23.2	5.6	20.2	4.9
Carbohydrate (g)	81.9	19.8	81.6	19.7
Sugars (g)	12.7	3.1	12.7	3.1
Protein (g)	39.1	9.4	42.0	10.1
Salt (g)	2.66	0.64	2.59	0.63

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Trim and halve the **green beans**.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



## Simmer the Sauce

Stir in the **coconut milk, ketjap manis, soy sauce, sugar and water for the curry** (see pantry for both amounts), then add the **green beans** and season with **salt and pepper**.

Bring to the boil, then reduce the heat slightly and simmer until the **sauce** has thickened, the **beans** are tender and the **chicken** is cooked through, 8-10 mins. Stir occasionally. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Zing

When the **chicken curry** is cooked, stir in **half** the **lime juice**.

Taste and season with **salt and pepper** if needed. Add a splash of **water** if it's a little thick.

Fluff up the **rice** with a fork and stir through the **lime zest**.



## Curry Up

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt and pepper**. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Stir in the **North Indian style spice mix** and **garlic**. Cook, stirring, for 1 min.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Serve

When ready, share the **zesty rice** between your bowls.

Top with the **chicken curry** and serve with the remaining **lime wedges** for squeezing over.

## Enjoy!