



Curried Chicken Thigh Traybake

with Cumin Roast Potatoes, Carrots and Green Beans

45

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



White Cumin Seeds



Carrot



Chicken Thighs



Korma Curry Paste



Mango Chutney



Green Beans



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Mayonnaise

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. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, kettle, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
White Cumin Seeds	1 sachet	2 sachets	2 sachets
Carrot**	2	3	4
Chicken Thighs**	4	6	8
Korma Curry Paste	50g	100g	100g
9) Mustard			
Mango Chutney	40g	60g	80g
Green Beans**	150g	200g	300g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	681g	100g	641g	100g
Energy (kJ/kcal)	3695/883	543/130	2820/674	440/105
Fat (g)	47.3	7.0	24.7	3.8
Sat. Fat (g)	9.6	1.4	3.0	0.5
Carbohydrate (g)	69.5	10.2	69.7	10.9
Sugars (g)	23.6	3.5	23.8	3.7
Protein (g)	49.8	7.3	46.7	7.3
Salt (g)	2.41	0.35	2.33	0.36

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

Allergens

9) Mustard

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, then season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Traybake

Pop the tray onto the middle shelf of your oven to bake until the **chicken** is cooked through and the **carrots** are tender, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Turn the **carrots** halfway through.

Meanwhile, in a small bowl, combine the **mango chutney** and **mayo** (see pantry for amount). Set aside for now.



Prep the Carrots

While the **potatoes** roast, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Put the **carrots** on one side of another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



Cook the Beans

Once everything's nearly ready, boil a half-full kettle. Trim the **green beans**.

Pour the **boiled water** into a saucepan with $\frac{1}{2}$ tsp **salt** and heat on high.

Bring it back to the boil, then add the **beans** and cook until just tender, 4-6 mins. Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil**.



Flavour the Chicken

Next, lay the **chicken thighs** flat on the other side of the **carrot** tray (use two baking trays if necessary).

Drizzle with **oil**, season with **salt** and **pepper**, then spread the **korma curry paste** over the **chicken**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, prep in the same way, then roast in the oven for 25-30 mins instead in the next step, until browned and cooked through.



Serve

When everything's ready, share the **curried chicken** and **roasted carrots** between your plates. Spoon over the **juices** from the tray, if you'd like.

Serve the **cumin roast potatoes** and **green beans** alongside with the **mango chutney mayo** on the side for dipping.

Enjoy!

CUSTOM RECIPE

Slice each **chicken breast** widthways into 2cm thick slices and serve.