



Chicken Korma Style Curry

with Garlic Rice and Flaked Almonds

Quick 20 Minutes • Mild Spice

12



Garlic Clove



Basmati Rice



Diced Chicken Thigh



Tomato Puree



Korma Curry Paste



Chicken Stock Paste



Double Cream



Baby Spinach



Toasted Flaked



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter, Honey

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

Kettle, garlic press, saucepan, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Tomato Puree	30g	45g	60g
Korma Curry Paste 9)	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Double Cream** 7)	75g	112g	150g
Baby Spinach**	40g	100g	100g
Toasted Flaked Almonds 2)	15g	25g	30g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Curry*	150ml	225ml	300ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	415g	100g	415g	100g
Energy (kJ/kcal)	3714 /888	895 /214	3453 /825	832 /199
Fat (g)	48.8	11.8	38.6	9.3
Sat. Fat (g)	21.3	5.1	18.3	4.4
Carbohydrate (g)	74.6	18.0	74.3	17.9
Sugars (g)	13.0	3.1	13.0	3.1
Protein (g)	40.4	9.7	43.2	10.4
Salt (g)	3.00	0.72	2.94	0.71

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

Allergens

2) Nuts 7) Milk 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.

Contact

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Cook the Garlic Rice

- Boil a half-full kettle. Peel and grate the **garlic** (or use a garlic press).
- Heat the **butter** (see pantry for amount) in a deep saucepan on medium heat. Once hot, add **half the garlic** and cook for 30 secs.
- Stir in the **rice** and cook until coated, 1 min. Add **¼ tsp salt** and the **boiled water** and cook for 10-12 mins. Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Wilt the Spinach

- Remove the lid from the **chicken curry** and stir through the **double cream** and **honey** (see pantry for amount).
- Bring the **curry** to the boil, then add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Remove from the heat.



Brown the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan 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.

CUSTOM RECIPE

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



Finishing Touches

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



Add the Flavour

- Once the **chicken** has browned, add the **tomato puree**, **korma curry paste** and remaining **garlic** to the pan. Cook until fragrant, 1-2 mins.
- Stir in the **chicken stock paste** and **water for the curry** (see pantry for amount). Bring to the boil, then lower the heat to medium and cover with a lid.
- Simmer until the **chicken** is cooked through and the **sauce** has thickened, 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve Up

- When everything's ready, fluff up the **buttery garlic rice** with a fork, then share between your bowls.
- Top with the **chicken korma style curry**.
- Sprinkle over the **flaked almonds** to finish.

Enjoy!