












Butter Chicken Baked Naan with Rocket Salad

13

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day



-  Garlic Clove
-  Diced Chicken Breast
-  North Indian Style Spice Mix
-  Tomato Puree
-  Chicken Stock Paste
-  Creme Fraiche
-  Plain Naans
-  Medium Tomato
-  Wild Rocket

Pantry Items
Oil, Salt, Pepper, Sugar, Butter, Olive Oil

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

Garlic press, frying pan, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Diced Chicken Breast**	260g	390g	520g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	150g	150g
Plain Naans 7) 13)	2	3	4
Medium Tomato	1	1½	2
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3443 /823	759 /181
Fat (g)	36.6	8.1
Sat. Fat (g)	14.9	3.3
Carbohydrate (g)	74.4	16.4
Sugars (g)	9.4	2.1
Protein (g)	46.7	10.3
Salt (g)	2.43	0.53

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

Allergens

7) Milk 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.

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Garlic Time

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).



Bake your Naans

- Meanwhile, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Once the **curry** has thickened, stir in the **butter** (see pantry for amount) until melted.
- Spoon the **curry** onto each **naan**, then bake on the top shelf of the oven until golden and toasted, 4-5 mins.



Fry the Chicken

- 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**.
- Fry until golden brown, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Dress the Salad

- Meanwhile, cut the **tomato** into 1cm chunks.
- In a medium bowl, add the **tomatoes** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then mix well.
- Just before you're ready to serve, add the **rocket** to the **tomatoes** and toss to coat.



Curry Up

- Add the **garlic**, **North Indian style spice mix** and **tomato puree** to the **chicken**. Cook until fragrant, 1 min.
- Add the **chicken stock paste**, **creme fraiche**, **sugar** and the **water for the sauce** (see pantry for both amounts). Stir to combine.
- Bring to the boil, then lower the heat and simmer until reduced by half, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve Up

- When baked, transfer your **butter chicken naans** to your plates.
- Serve with the **rocket salad** alongside.

Enjoy!