



# Korma and Mango Chutney Glazed Chicken with Green Beans, Couscous and Tomato Salsa

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

24



Green Beans



Garlic Clove



Chicken Stock Paste



Couscous



Diced Chicken Thigh



Medium Tomato



Korma Curry Paste



Mango Chutney



Greek Style Natural Yoghurt



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper

#### 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

Garlic press, saucepan, lid, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Couscous <b>13</b>	120g	180g	240g
Diced Chicken Thigh**	260g	390g	520g
Medium Tomato**	1	2	2
Korma Curry Paste <b>9</b>	50g	75g	100g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	520g	100g	520g	100g
Energy (kJ/kcal)	2635 / 630	507 / 121	2374 / 567	457 / 109
Fat (g)	23.5	4.5	13.4	2.6
Sat. Fat (g)	7.4	1.4	4.4	0.8
Carbohydrate (g)	63.7	12.2	63.4	12.2
Sugars (g)	20.1	3.9	20.1	3.9
Protein (g)	40.8	7.8	43.6	8.4
Salt (g)	2.94	0.56	2.87	0.55

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

## Allergens

**7)** Milk **9)** Mustard **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, cereals containing 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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## Get Prepping

- Trim the **green beans**, then cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).



## Char the Beans

- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **green beans** and stir-fry until starting to char and soften, 2-3 mins.
- Turn the heat down to medium, then stir in the **garlic** and cook for 30 secs more.



## Make the Couscous

- Once the **beans** have softened, stir the **water for the couscous** (see pantry for amount) and **chicken stock paste** into the pan. Bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and cover with a tight-fitting lid.
- Leave to the side for 8-10 mins or until ready to serve.



## Fry your Chicken

- 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**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Finishing Touches

- Meanwhile, cut the **tomato** into 1cm chunks and pop into a bowl. Drizzle with **olive oil** and season with **salt** and **pepper**, then mix well.
- Once the **chicken** is cooked, stir the **korma curry paste**, **mango chutney**, **half the yoghurt** and the **water for the sauce** (see pantry for amount) into the pan.
- Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.



## Serve

- When everything's ready, share the **couscous** and **beans** between your serving bowls.
- Spoon the **glazed chicken** over the top.
- Finish with spoonfuls of the **tomato salsa** and a dollop of the remaining **yoghurt**.

## Enjoy!