



# Chicken Korma Style Curry

with Mangetout and Basmati Rice

Family 25-30 Minutes • Mild Spice

1



Basmati Rice



Mangetout



Diced Chicken Thigh



Korma Curry Paste



Honey



Chicken Stock Paste



Creme Fraiche



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper

#### CUSTOM RECIPE

If you chose to add or double up on 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

Saucepan, lid and frying pan.

## Ingredients

| Ingredients                 | 2P   | 3P   | 4P   |
|-----------------------------|------|------|------|
| Basmati Rice                | 150g | 225g | 300g |
| Mangetout**                 | 80g  | 150g | 150g |
| Diced Chicken Thigh**       | 260g | 390g | 520g |
| Korma Curry Paste <b>9)</b> | 50g  | 75g  | 100g |
| Honey                       | 15g  | 30g  | 30g  |
| Chicken Stock Paste         | 10g  | 15g  | 20g  |
| Crème Fraîche** <b>7)</b>   | 75g  | 99g  | 150g |

|                        |        |        |        |
|------------------------|--------|--------|--------|
| Diced Chicken Breast** | 1 pack | 1 pack | 1 pack |
|------------------------|--------|--------|--------|

| Pantry               | 2P    | 3P    | 4P    |
|----------------------|-------|-------|-------|
| Water for the Rice*  | 300ml | 450ml | 600ml |
| Water for the Curry* | 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 | 495g        | 100g     | 495g          | 100g     |
| Energy (kJ/kcal)        | 2962 /708   | 598 /143 | 2701 /646     | 546 /130 |
| Fat (g)                 | 30.5        | 6.2      | 20.3          | 4.1      |
| Sat. Fat (g)            | 12.1        | 2.4      | 9.1           | 1.8      |
| Carbohydrate (g)        | 73.2        | 14.8     | 73.0          | 14.7     |
| Sugars (g)              | 11.7        | 2.4      | 11.7          | 2.4      |
| Protein (g)             | 38.4        | 7.8      | 41.3          | 8.3      |
| Salt (g)                | 2.65        | 0.54     | 2.59          | 0.52     |

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

## Allergens

### 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, 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.

## Contact

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## 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**, then 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).



## Add the Flavour

Once the **chicken** has browned, stir in the **korma curry paste**, **honey**, **water for the curry** (see pantry for amount) and **chicken stock paste**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*



## Get Prepped

Meanwhile, halve the **mangetout** widthways.



## Curry Up

Next, add the **crème fraîche** and **mangetout** to the **chicken** pan, stir together, then bring to the boil.

Simmer, stirring occasionally, until the **veg** is tender and the **chicken** is cooked through, 3-4 mins.

**IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Fry the Chicken

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**.

Fry until browned all over, 6-8 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.



## Serve

When the **curry**'s ready, 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 share between your bowls.

Top with your **chicken korma style curry**.

## Enjoy!