



Quick Butter Chicken Masala

with Tenderstem® Broccoli and Rice

Super Quick 15 Minutes • Mild Spice

7



Basmati Rice



Tenderstem® Broccoli



Diced Chicken Thigh



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Creme Fraiche



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

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, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	150g
Diced Chicken Thigh**	260g	390g	520g
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	150g	150g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	367g	100g	367g	100g
Energy (kJ/kcal)	3036 / 726	827 / 198	2775 / 663	756 / 181
Fat (g)	34.1	9.3	24.0	6.5
Sat. Fat (g)	16.6	4.5	13.6	3.7
Carbohydrate (g)	68.9	18.8	68.7	18.7
Sugars (g)	6.0	1.6	6.0	1.6
Protein (g)	39.1	10.7	42.0	11.4
Salt (g)	1.57	0.43	1.51	0.41

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

Allergens

7) Milk

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. Be careful when adding water to hot pans while cooking.

Contact

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1



Rice Time

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain and pop back in the pan. Cover and set aside.

2



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Cut the **Tenderstem® broccoli** into thirds.
- Once hot, fry the **chicken** and **broccoli**, 5-6 mins. Season with **salt** and **pepper**.
IMPORTANT: Wash hands and utensils after handling raw meat.

CUSTOM RECIPE

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

3



Curry Up

- Once the **chicken** has browned, stir in the **tomato puree** and **North Indian style spice mix**.
- Add the **sugar** and **water** (see pantry for both).
- Stir in the **chicken stock paste**.
- Bring to the boil, then turn the heat down slightly. Simmer, 3-4 mins.

4



Dinner's Ready!

- Next, stir in the **creme fraiche**.
- Bring to the boil, then stir in the **butter** (see pantry). Remove from the heat.
IMPORTANT: Cook so there's no pink in the middle.
- Taste and add **salt** and **pepper** if needed.
- Serve your **curry** and **rice** in bowls.

Enjoy!