



Fragrant Chicken Coconut Curry with Baby Spinach and Easy Zesty Rice

Family 25-30 Minutes • Mild Spice

1



Garlic Clove



Basmati Rice



Diced Chicken Breast



Ginger, Garlic & Lemongrass Puree



Zanzibar Style Curry Powder



Coconut Milk



Chicken Stock Paste



Lime



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

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 fine grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	240g	390g	520g
Ginger, Garlic & Lemongrass Puree	15g	15g	30g
Zanzibar Style Curry Powder 9)	2 sachets	2 sachets	4 sachets
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Lime**	½	1	1
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	3029/724	569/136
Fat (g)	29.8	5.6
Sat. Fat (g)	22.3	4.2
Carbohydrate (g)	75.6	14.2
Sugars (g)	6.7	1.3
Protein (g)	42.0	7.9
Salt (g)	1.73	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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

Contact

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Garlic Time

Peel and grate the **garlic** (or use a garlic press).



Cook the Rice

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When hot, add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and 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).



Make your Curry Sauce

Add the **ginger, garlic & lemongrass puree, Zanzibar style curry powder** and remaining **garlic** to the **chicken**. Stir-fry until fragrant, 1 min.

Stir in the **coconut milk, chicken stock paste** and **sugar for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer gently until the **chicken** is cooked through and the **curry** has thickened slightly, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Add a splash of **water** if the **curry** looks a bit dry.



Finishing Touches

Meanwhile, zest and halve the **lime** (see ingredients for amount).

When the **rice** is ready, fluff it up with a fork and stir through the **lime zest**.

Once the **curry** is cooked, add the **baby spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Squeeze in **half** the **lime juice** and season with **salt** and **pepper**. Taste and add more **lime juice, salt** and **pepper** if needed.



Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken**. Season with **salt** and **pepper**.

Cook until the **chicken** is slightly browned, 2-3 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Serve Up

Spoon the **zesty rice** into bowls and top with the **fragrant chicken curry**.

Enjoy!