



Chicken Breast and Sweet Potato Korma Style Curry with Tenderstem® Broccoli and Basmati Rice

40A

Customised 35-40 Minutes • Mild Spice • 3 of your 5 a day



CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!



Sweet Potato



Curry Powder Mix



Basmati Rice



Tenderstem® Broccoli



Garlic Clove



Diced British Chicken Breast



Korma Curry Paste



Vegetable Stock Paste



Creme Fraiche



Mango Chutney

Pantry Items
Oil, Salt, Pepper

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

Baking tray, saucepan, lid, garlic press, frying pan,

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	2	3	4
Diced British Chicken Breast**	240g	390g	520g
Korma Curry Paste 9	50g	75g	100g
Vegetable Stock Paste 10	10g	15g	20g
Creme Fraiche** 7	150g	225g	300g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	828g	100g
Energy (kJ/kcal)	4383/1048	530/127
Fat (g)	33.6	4.1
Sat. Fat (g)	16.8	2.0
Carbohydrate (g)	139.2	16.8
Sugars (g)	33.2	4.0
Protein (g)	48.3	5.8
Salt (g)	3.47	0.42

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

Allergens

7) Milk **9)** Mustard **10)** Celery

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, mollusc, 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



Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **curry powder mix** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



Curry Up

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**. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Lower the heat to medium, add the **korma curry paste**, **garlic** and remaining **curry powder mix**. Stir-fry until fragrant, 1 min.

2



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 $\frac{1}{4}$ **tsp salt** 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).

5



Combine and Stir

Next, stir in the **veg stock paste**, **broccoli** and **water for the curry** (see pantry for amount). Bring to the boil.

Once boiling, lower the heat, cover with a lid and simmer until the **broccoli** is just tender and the **chicken** is cooked through, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Stir in the **creme fraiche** and **mango chutney**. Bring back to the boil, then remove from the heat. Taste and season with **salt** and **pepper** if you feel it needs it.

3

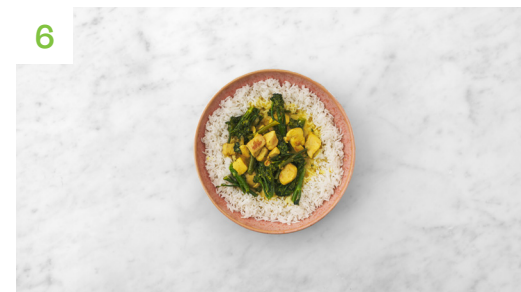


Broccoli Time

While everything cooks, halve any thick **broccoli stems** lengthways, then cut them into thirds.

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

6



Serve Up

Once the **sweet potato** is roasted, stir it through the **curry**. Return the pan to the heat to warm through. Add a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork and share between your plates, then top with your **chicken korma style curry**.

Enjoy!