



Sticky Peri Peri Chicken and Tenderstem® Broccoli

with Charred Corn Rice and Yoghurt

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Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day



British Chicken Thighs



Peri Peri Seasoning



Tenderstem® Broccoli



Basmati Rice



Sweetcorn



Garlic Clove



Onion



Tomato Puree



Central American Style Spice Mix



Chicken Stock Paste



Low Fat Natural Yoghurt



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Sugar, Butter, Honey

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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, bowl, baking tray, baking paper, saucepan, sieve, frying pan, bowl and garlic press.

Ingredients

Ingredients	2P	3P	4P
British Chicken Thighs**	4	6	8
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Tenderstem® Broccoli**	80g	150g	150g
Basmati Rice	150g	225g	300g
Sweetcorn	160g	240g	320g
Garlic Clove**	2	3	4
Onion**	1	1½	2
Tomato Puree	30g	45g	60g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	15g	25g	30g
Low Fat Natural Yoghurt** 7)	75g	120g	150g
British Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	596g	100g	556g	100g
Energy (kJ/kcal)	3894 / 931	654 / 156	3019 / 722	543 / 130
Fat (g)	38.6	6.5	16.0	2.9
Sat. Fat (g)	14.0	2.3	17.3	1.3
Carbohydrate (g)	94.8	15.9	95.0	17.1
Sugars (g)	23.0	3.9	23.1	4.2
Protein (g)	57.6	9.7	54.5	9.8
Salt (g)	3.12	0.52	3.04	0.55

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, 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.

 You can recycle me!

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Spice Up the Chicken

a) Preheat your oven to 220°C/200°C fan/gas mark 9. Boil a half-full kettle.

b) In a medium bowl, combine the **chicken thighs**, **peri peri seasoning** and a drizzle of **oil**. Season and toss to coat. Lay the **chicken thighs** flat onto a lined baking tray. Once hot, roast on the middle shelf until browned and cooked through, 16-18 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat.

↔ Swap to Chicken Breast

If you've chosen **chicken breast**, prep in the same way. Pan-fry until golden, 5 mins each side. Transfer to a baking tray. Roast on the top shelf, 10-12 mins.



Build the Flavour

a) Pop the pan back on medium-high heat with a drizzle of **oil**.

b) Add the **onion** to the pan and fry until softened, 4-5 mins.

c) Stir in the **tomato puree**, **garlic** and **Central American spice mix**. Cook until fragrant, 1 min. Return the charred corn to the pan.

d) Pour in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat and simmer for 1-2 mins.



Cook the Rice

a) When the **chicken** has cooked for 6 mins, add the **broccoli** to the tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast for the remaining 10-12 mins. **IMPORTANT:** Cook so there's no pink in the middle of the chicken.

b) Pour the **boiled water** into a large saucepan with ¼ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

c) Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam.

d) Meanwhile, drain the **sweetcorn** in a sieve.

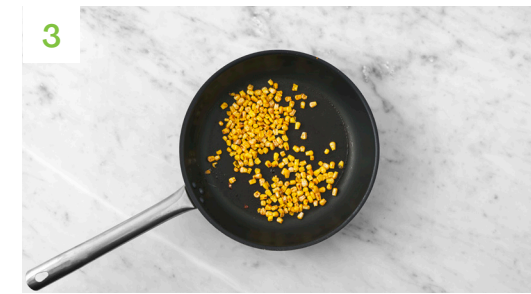


Finish the Rice

a) When the **rice** is cooked, add to the frying pan along with the **butter** (see pantry for amount). Stir to combine, then remove from the heat.

b) Taste the **rice** and season with **salt** and **pepper** if needed.

c) When the **chicken** is cooked, drizzle over the **honey** (see pantry for amount) and turn to coat evenly.



Get Charring

a) Heat a drizzle of **oil** in a large frying pan on high heat.

b) Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Once cooked, transfer the **corn** to a small bowl and wipe the pan clean.

c) Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **onion** into small pieces.



Serve Up

a) When everything's ready, share your **charred corn rice** between your bowls.

b) Top with the **chicken thighs** and **Tenderstem®**.

c) Finish by drizzling the **yoghurt** over.

Enjoy!

↔ Swap to Chicken Breast

Slice each **chicken breast** widthways into 2cm thick slices before serving