



One Pot Korma Style Baked Rice with Pepper, Peas and Yoghurt

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

42



Bell Pepper



Curry Powder Mix



Korma Curry Paste



Basmati Rice



Vegetable Stock Paste



Mango Chutney



Peas



Greek Style Natural Yoghurt



Greek Style Salad Cheese



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Butter

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, ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste 9)	50g	75g	100g
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	15g	22g	30g
Mango Chutney	40g	60g	80g
Peas**	120g	180g	240g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Greek Style Salad Cheese** 7)	50g	75g	100g
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Boiled Water for the Rice*	300ml	450ml	600ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	485g	100g
Energy (kJ/kcal)	2886 /690	595 /142
Fat (g)	28.4	5.9
Sat. Fat (g)	12.6	2.6
Carbohydrate (g)	92.8	19.1
Sugars (g)	23.6	4.9
Protein (g)	19.4	4.0
Salt (g)	4.27	0.88

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

Allergens

2) Nuts **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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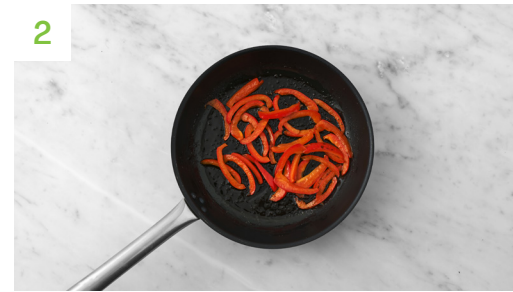


Prep the Pepper

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

Boil a full kettle.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Get Frying

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on high heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

Once hot, add the **sliced pepper** and fry until just soft, 3-4 mins. Continue to stir while it cooks.



Add the Spice

Lower the heat to medium and stir the **curry powder** and **korma curry paste** into the pan. Fry for 30 secs.



Ready, Steady, Bake

Add the **rice** to the pan. Stir to combine.

Pour the **boiled water for the rice** (see pantry for amount) and **vegetable stock paste** into the pan. Season with **salt** and **pepper**, then stir to combine.

Pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked, 15- 20 mins.



Finishing Touches

Once the **rice** is cooked, remove from the oven.

Stir through the **mango chutney**, **peas** and **butter** (see pantry for amount). Season with **salt** and **pepper**. Cover for 1 min to warm through the **peas**.



Serve Up

Share your **baked rice** between your bowls.

Drizzle with the **yoghurt**, crumble over the **Greek style salad cheese** and sprinkle with the **flaked almonds** to finish.

Enjoy!