



Tandoori Chicken Masala Curry

with Spinach, Basmati Rice and Crispy Onions

Family 20-25 Minutes • Mild Spice

1



Basmati Rice



Diced British Chicken Breast



Garlic Clove



Tomato Puree



Tandoori Masala Mix



Vegetable Stock Paste



Creme Fraiche



Mango Chutney



Baby Spinach



Crispy Onions



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter

Make it Pescatarian

If you chose to make this recipe pescatarian, 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, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	480g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Tandoori Masala Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Crème Fraîche** 7	75g	150g	150g
Mango Chutney	40g	60g	80g
Baby Spinach**	40g	100g	100g
Crispy Onions 13	1 sachet	2 sachets	2 sachets
King Prawns* 5	225g	300g	450g
Pantry	2P	3P	4P
Water for the Curry*	125ml	190ml	250ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	391g	100g	374g	100g
Energy (kJ/kcal)	3110 /743	795 /190	2712 /648	726 /173
Fat (g)	27.6	7.1	25.9	6.9
Sat. Fat (g)	15.1	3.9	14.7	3.9
Carbohydrate (g)	84.2	21.5	84.1	22.5
Sugars (g)	15.5	4.0	15.4	4.1
Protein (g)	41.8	10.7	23.7	6.3
Salt (g)	2.23	0.57	3.56	0.95

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

5 Crustaceans **7** Milk **10** Celery **13** Cereals containing gluten

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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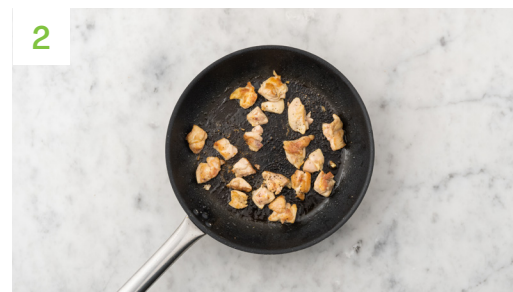
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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Fry the Chicken

- Meanwhile, 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.



Add the Spices

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Once the **chicken** has browned, add the **tomato puree**, **garlic** and **tandoori masala mix** to the pan.
- Mix well and cook until fragrant, 1 min.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then stir-fry, 2-3 mins. Continue as instructed, the **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



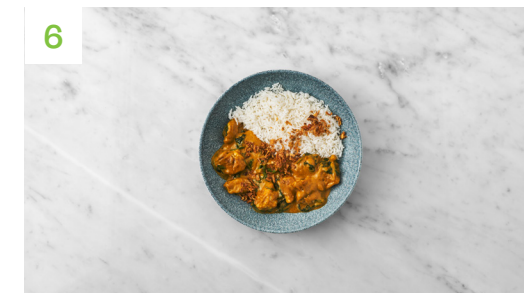
Time to Simmer

- Next, stir in the **veg stock paste** and **water for the curry** (see pantry for amount).
- Bring to the boil, then lower the heat so the **sauce** simmers gently.
- Cook until the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finishing Touches

- Once the **chicken** is cooked, stir in the **crème fraiche**, **mango chutney** and **butter** (see pantry for amount) until the **butter** is melted.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.
- Remove from the heat. Add a splash more **water** if you feel it needs it.



Serve

- Share the **rice** out between your serving bowls.
- Spoon over the **tandoori chicken masala curry**.
- Sprinkle over the **crispy onions** to finish.

Enjoy!