

Indian Inspired Curry Night Feast

Prawn & Pea Korma, Chicken Tikka Skewers, Basmati Rice, Naans, Raita, Bhajis and Samosas

Takeaway Feast

35-40 Minutes • Medium Spice • 1 of your 5 a day



Baby Cucumber



Greek Style Natural Yoghurt



British Chicken Breasts



Tikka Masala Paste



Bamboo Skewers



Indian Snack Selection



King Prawns



Korma Curry Paste



Vegetable Stock Paste



Creme Fraiche



Plain Naans



Steamed Basmati Rice



Peas



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Honey

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

Bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Baby Cucumber**	1	1½	2
Greek Style Natural Yoghurt** 7)	150g	225g	300g
British Chicken Breasts**	2	3	4
Tikka Masala Paste	75g	112g	150g
Bamboo Skewers	4	6	8
Indian Snack Selection** 13)	1 pack	1½ packs	2 packs
King Prawns** 5)	150g	225g	300g
Korma Curry Paste 9)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche** 7)	150g	225g	300g
Plain Naans 7) 13)	2	3	4
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
Peas**	120g	180g	240g
Mango Chutney	80g	120g	160g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	1015g	100g
Energy (kJ/kcal)	6981/1669	688/164
Fat (g)	71.7	7.1
Sat. Fat (g)	24.6	2.4
Carbohydrate (g)	136.7	13.5
Sugars (g)	51.4	5.1
Protein (g)	81.1	8.0
Salt (g)	7.97	0.79

Nutrition for uncooked ingredients based on 2 person recipe.


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

Allergens

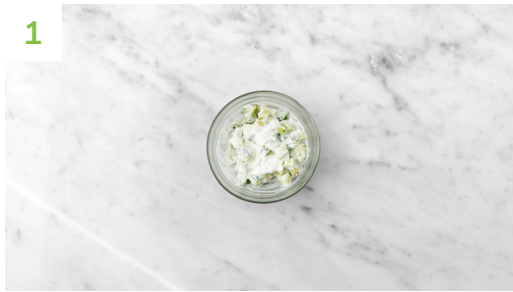
5) Crustaceans 7) Milk 9) Mustard 10) Celery 13) Cereals containing gluten

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.

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Prep your Raita

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

Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

Add the **cucumber** to a medium bowl with **half** the **yoghurt**. Season with **salt** and **pepper** and mix together. Set aside your **cucumber raita**.



Curry On

Add the **korma curry paste** to the **prawns** and fry until fragrant, 1 min.

Stir in the **veg stock paste**, **crème fraîche**, **honey** and **water for the curry** (see pantry for both amounts). Bring to the boil, then reduce the heat slightly and simmer for 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

When the **Indian selection** has 3 mins remaining, add the **naans** to the other side of the baking tray, sprinkle with a little **water** and pop back into the oven to warm through for the remaining time, 2-3 mins.



Marinate the Chicken

Cut the **chicken breasts** into 3cm chunks, then add to another medium bowl with the **tikka masala paste** and remaining **yoghurt**. Mix well and season with **salt** and **pepper**.

Thread the **chicken** onto the **skewers** (2 per person). Transfer the **skewers** to a lightly oiled large baking tray. Discard the leftover marinade.

When the oven is hot, roast on the top shelf until cooked through, 15-20 mins. Turn halfway through. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Finishing Touches

Meanwhile, cook the **rice** according to packet instructions.

When the **curry** has finished simmering, stir in the **peas** until piping hot, 1 min. Season with **salt** and **pepper**.



Bring on the Snacks

Meanwhile, remove the **Indian selection** from its packaging and pop onto one side of a large baking tray. Bake on the middle shelf of your oven until golden, 10-12 mins.

While everything's in the oven, drain the **prawns**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **prawns** and stir-fry for 2-3 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*



Serve your Feast

Transfer the **rice**, **cucumber raita** and **prawn and pea korma** to appropriately sized serving bowls.

Place the **naans**, **Indian snacks** and **chicken tikka skewers** onto serving plates.

Drizzle **half** the **mango chutney** over the **tikka skewers** and serve the remaining **chutney** in a dipping bowl.

Share and tuck in.

Enjoy!