



# THIS™ Isn't Chicken Korma with Garlic Rice and Peas

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie

49



Garlic Clove



Basmati Rice



Onion



THIS™ Isn't Chicken  
Plant-Based Pieces



Curry Powder Mix



Korma Curry Paste



Vegetable Stock Paste



Creme Fraiche



Peas

### Recipe Update

Due to challenges with our supplier, you'll receive **peas** instead of **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

A comforting and mildly spiced Indian favourite, korma sauce pairs well with any kind of veg or protein. Here, we're using THIS™ Isn't Chicken, which is made from soy and pea proteins with a hyper-realistic texture that tastes just like the real thing.



**Pantry Items**  
Oil, Salt, Pepper, Butter, Sugar



## 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

Garlic press, saucepan, lid, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Onion	1	2	2
Peas**	120g	240g	240g
THIS™ Isn't Chicken Plant-Based Pieces** 11)	170g	340g	340g
Curry Powder Mix	1 sachet	2 sachets	2 sachets
Korma Curry Paste 9)	50g	75g	100g
Vegetable Stock Paste	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	150ml	225ml	300ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>641g</b>	<b>100g</b>
Energy (kJ/kcal)	3592/858	561/134
Fat (g)	42.0	6.6
Sat. Fat (g)	21.8	3.4
Carbohydrate (g)	90.6	14.1
Sugars (g)	15.9	2.5
Protein (g)	32.9	5.1
Salt (g)	3.94	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

7) Milk 9) Mustard 11) Soya

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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## Cook the Garlic Rice

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

Pop a deep saucepan (with a tight-fitting lid) on medium heat a drizzle of **oil**. Melt in the **butter** (see pantry for amount).

Once melted, add the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min. Add  $\frac{1}{4}$  tsp **salt** and the **water for the rice** (see pantry for amount) 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).

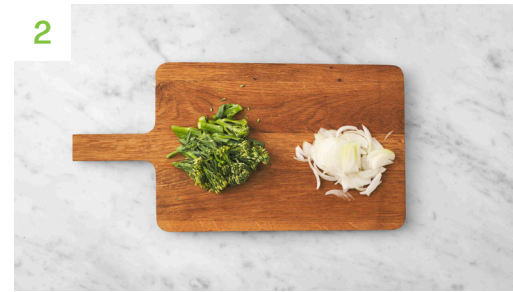


## Curry On

Return the (now empty) frying pan to medium heat with a drizzle of oil.

Once hot, add the **onion** and fry until softened, 5-6 mins. Season with **salt** and **pepper**.

Stir in the **korma curry paste** and remaining **curry powder**. Cook until fragrant, 1-2 mins.



## Get Prepped

Meanwhile, halve, peel and thinly slice the **onion**.



## Fry the THIS™ Isn't Chicken

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

Pan-fry the **THIS™ Isn't Chicken** until golden brown, 4-6 mins. Season with **salt** and **pepper**.

Add **half** the **curry powder** and toss to coat, 1 min.

Once cooked, transfer to a bowl and cover to keep warm.



## Simmer Time

Stir in the **vegetable stock paste**, **sugar** and **water for the curry** (see pantry for both amounts). Bring to the boil and simmer until reduced by half, 3-4 mins.

Add the **crema fraiche**, **peas** and the **cooked THIS™ Isn't Chicken**. Stir to combine, bring to the boil, then remove from the heat.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



## Serve Up

Fluff up the **rice** with a fork and share between your serving bowls.

Top with the **THIS™ Isn't Chicken korma curry**.

## Enjoy!