



Indian Style Spiced Chicken on Coriander Couscous with Mango Chutney and Mustard Seed Green Beans

24

Calorie Smart 25-30 Minutes • Mild Spice • 1 of your 5 a day



Onion



Couscous



Chicken Stock Paste



Coriander



Green Beans



Mustard Seeds



Diced British Chicken Breast



North Indian Style Spice Mix



Tomato Puree



Mango Chutney

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, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Couscous 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Coriander**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	230g	300g
Mustard Seeds 9	1 sachet	1 sachet	1 sachet
Diced British Chicken Breast**	240g	390g	480g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Mango Chutney	40g	60g	80g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2348/561	430/103
Fat (g)	10.4	1.9
Sat. Fat (g)	4.0	0.7
Carbohydrate (g)	68.4	12.5
Sugars (g)	21.2	3.9
Protein (g)	44.4	8.1
Salt (g)	2.64	0.48

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

Allergens

9) Mustard 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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Fry the Onion

Boil a half-full kettle.

Halve, peel and chop the **onion** into small pieces.

Heat a drizzle of **oil** in a medium saucepan on medium-low heat. Add the **onion** to the pan and stir-fry until softened, 8-10 mins.



Fry the Chicken

Wipe out the (now empty) frying pan and return to medium-high heat with a drizzle of oil.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Couscous Time

Add the **couscous** to the pan and stir to coat.

Stir in the **boiled water for the couscous** (see pantry for amount) and **half** the **chicken stock paste**. Pop a lid on the pan and remove from the heat.

Leave to the side for 8-10 mins or until ready to serve.

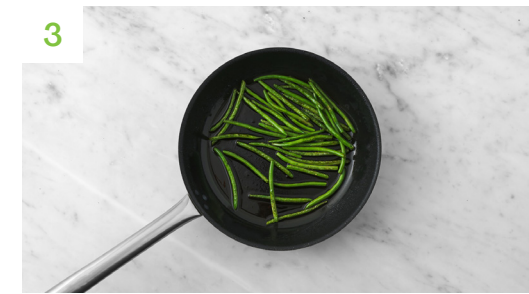


Add the Flavour

Add the **North Indian style spice mix** and **tomato puree** to the pan. Cook until fragrant, 1 min.

Stir in the **water for the sauce** (see pantry for amount) and remaining **chicken stock paste**. Bring to the boil and simmer until thickened, 2-3 mins.

Stir through the **mango chutney** and **butter** (see pantry for amount) until melted, then remove from the heat. Add a splash of **water** to loosen if needed.



Bring on the Beans

Meanwhile, roughly chop the **coriander** (stalks and all). Trim the **green beans**.

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

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **mustard seeds** and fry for 1 min more. Add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Transfer to a medium bowl, then season with **salt** and **pepper** and cover to keep warm.



Serve Up

Fluff up the **couscous** with a fork, stir through **half** the **coriander** and share between your bowls.

Top with the **chicken** and **green beans**.

Sprinkle over the remaining **coriander** to finish.

Enjoy!