



Super Quick Butter Chicken Masala

with Green Beans and Rice

Super Quick 15 Minutes • Mild Spice

7



Basmati Rice



Green Beans



Diced British Chicken Thigh



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Creme Fraiche



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Masala curries are versatile tomato-based dishes that work with a variety of proteins and vegetables. Combine that with butter chicken and you've got a crowd pleaser that's also ready in less than 15 minutes.

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Diced British Chicken Thigh**	240g	390g	480g
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	150g	150g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	367g	100g	367g	100g
Energy (kJ/kcal)	3018 / 721	822 / 196	2757 / 659	751 / 179
Fat (g)	34.1	9.3	24.0	6.5
Sat. Fat (g)	16.6	4.5	13.6	3.7
Carbohydrate (g)	69.3	18.9	69.0	18.8
Sugars (g)	6.2	1.7	6.2	1.7
Protein (g)	38.3	10.4	41.2	11.2
Salt (g)	1.57	0.43	1.50	0.41


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

Allergens

7) Milk

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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Rice Time

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain and pop back in the pan. Cover and set aside.



Curry Up

- Once the **chicken** has browned, stir in the **tomato puree** and **North Indian style spice mix**.
- Add the **sugar** and **water** (see pantry for both).
- Stir in the **chicken stock paste**.
- Bring to the boil, then turn the heat down slightly. Simmer, 3-4 mins.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Trim the **green beans**. Cut into thirds.
- Once hot, fry the **chicken** and **green beans**, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.

↔ Swap to Chicken Breast

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Dinner's Ready!

- Next, stir in the **crema fraiche**.
- Bring to the boil, then stir in the **butter** (see pantry). Remove from the heat. **IMPORTANT:** Cook so there's no pink in the middle.
- Taste and add **salt** and **pepper** if needed.
- Serve your **curry** and **rice** in bowls.

Enjoy!