












# Easy Peasy Fragrant Chicken Curry

with Green Beans and Jasmine Rice

**Super Quick** 15 Minutes • Mild Spice • 1 of your 5 a day

7



-  Green Beans
-  Diced British Chicken Breast
-  Jasmine Rice
-  Lime
-  Tomato Puree
-  Ginger Puree
-  Indonesian Style Spice Mix
-  Coconut Milk
-  Chicken Stock Paste

**Pantry Items**  
Oil, Salt, Pepper, 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

Kettle, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Diced British Chicken Breast**	260g	390g	520g
Jasmine Rice	150g	225g	300g
Lime**	1	1	2
Tomato Puree	30g	45g	60g
Ginger Puree	15g	22g	30g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	250ml	400ml
Chicken Stock Paste	10g	15g	20g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	¾ tsp	1 tsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>415g</b>	<b>100g</b>
Energy (kJ/kcal)	2858 /683	688 /164
Fat (g)	25.0	6.0
Sat. Fat (g)	20.2	4.9
Carbohydrate (g)	70.1	16.9
Sugars (g)	6.4	1.5
Protein (g)	42.1	10.1
Salt (g)	1.88	0.45

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

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Frying

- Boil a half-full kettle.
- While it boils, trim the **green beans**. Cut into thirds.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- 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.



## Sauce Time

- Stir the **tomato puree**, **ginger puree**, **Indonesian style spice mix**, **coconut milk**, **chicken stock paste** and **sugar** (see pantry) into the frying pan.
- Lower the heat. Simmer, 3-4 mins. **IMPORTANT:** Cook the chicken so there's no pink in the middle.
- Add a squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.



## Rice On

- Meanwhile, pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- While the **rice** cooks, quarter the **lime**.



## Dinner's Ready!

- Once the **rice** is cooked, drain. Share between your bowls.
- Spoon over the **chicken curry**.
- Serve with any remaining **lime quarters** for squeezing over.

## Enjoy!