



Super Quick Chickpea and Mango Chutney Curry

with Basmati Rice and Toasted Flaked Almonds

18

Quick 10-15 Minutes • **Mild Spice** • 1 of your 5 a day



Basmati Rice



Curry Powder Mix



Korma Curry Paste



Chickpeas



Creme Fraiche



Vegetable Stock Paste



Mango Chutney



Baby Spinach



Toasted Flaked Almonds



King Prawns

Pantry Items

Oil, Salt, Pepper, Butter

+ Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!

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 and saucepan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste 9)	50g	75g	100g
Chickpeas	1 carton	1½ cartons	2 cartons
Crema Fraiche** 7)	75g	150g	150g
Vegetable Stock Paste	10g	15g	20g
Mango Chutney	40g	60g	80g
Baby Spinach**	100g	150g	200g
Toasted Flaked Almonds 2)	15g	25g	30g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	348g	100g	423g	100g
Energy (kJ/kcal)	3171 / 758	912 / 218	3362 / 804	796 / 190
Fat (g)	33.9	9.8	34.4	8.1
Sat. Fat (g)	14.4	4.1	14.6	3.5
Carbohydrate (g)	95.5	27.5	95.5	22.6
Sugars (g)	16.3	4.7	16.3	3.9
Protein (g)	18.8	5.4	29.3	6.9
Salt (g)	3.58	1.03	4.59	1.09

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

Allergens

2) Nuts 5) Crustaceans 7) Milk 9) Mustard

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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Boil Rice

- Boil a half-full kettle.
- Pour it into a saucepan with ¼ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.



Get Simmering

- Meanwhile, heat a drizzle of **oil** in a saucepan. When hot, add the **curry powder** and **korma curry paste**. Fry, 30 secs.
- Stir in the **chickpeas** and their **liquid**, **creme fraiche**, **veg stock paste** and **mango chutney**. Bring to the boil.
- Simmer, 5-6 mins.

+ Add King Prawns

Drain the **prawns**, then add them to the pan with the **chickpeas**. The **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Spinach Time

- Add the **spinach** to the **curry** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir in the **butter** (see pantry).
- Season with **salt** and **pepper**.
- Once the **rice** is cooked, drain, pop back in the pan and cover.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **curried chickpeas**.
- Sprinkle over the **flaked almonds**.

Enjoy!