



Chicken Korma Style Curry

with Green Beans and Basmati Rice

Classic 25-30 Minutes • Mild Spice

7



Basmati Rice



Echalion Shallot



Green Beans



Diced Chicken Thigh



Korma Style Paste



Honey



Chicken Stock Paste



Creme Fraiche



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	1	2
Green Beans**	80g	150g	150g
Diced Chicken Thigh**	260g	390g	520g
Korma Style Paste 9)	50g	75g	100g
Honey	15g	30g	30g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	99g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	347g	100g	347g	100g
Energy (kJ/kcal)	2980 / 712	860 / 206	2719 / 650	785 / 188
Fat (g)	30.5	8.8	20.4	5.9
Sat. Fat (g)	12.1	3.5	9.1	2.6
Carbohydrate (g)	74.0	21.4	73.8	21.3
Sugars (g)	12.5	3.6	12.5	3.6
Protein (g)	38.2	11.0	41.1	11.9
Salt (g)	2.66	0.77	2.59	0.75

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

Allergens

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, milk, egg, mustard, celery, soya, 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.

Contact

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **tsp salt** 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).



Add the Flavour

Once the **chicken** has browned, add the **shallot** and fry until softened, 3-4 mins.

Stir in the **korma style paste, honey, chicken stock paste and water for the curry** (see pantry for amount). **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces.

Trim the **green beans** and cut into thirds.



Curry Up

Add the **creme fraiche** and **green beans** to the pan, stir together, then bring to the boil.

Simmer, stirring occasionally, until the **beans** are tender and the **chicken** is cooked through, 5-6 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Fry the Chicken

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

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

Fry until browned all over, 6-8 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

CUSTOM RECIPE

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



Serve

When the **curry** is ready, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

Fluff up the **rice** with a fork and share between your bowls. Top with your **chicken korma style curry**.

Enjoy!