



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



Chicken Stock Paste



Creme Fraiche

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.

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
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7	75g	120g	150g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	341g	100g
	2917 /697	856 /204
Fat (g)	30.5	8.9
Sat. Fat (g)	12.1	3.5
Carbohydrate (g)	70.1	20.5
Sugars (g)	8.5	2.5
Protein (g)	38.2	11.2
Salt (g)	2.66	0.78

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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1



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 **¼ 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).

4



Add the Flavour

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

Stir in the **korma style paste**, **chicken stock paste**, **sugar** and **water for the curry** (see pantry for both amounts).

2



Get Prepped

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

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

5



Curry Up

Add the **crema fraiche** and **green beans** to the **chicken**, 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.**

3



Fry the Chicken

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

Once hot, add the **diced 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.**

6



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!