



Chicken Massaman Curry with Zesty Jasmine Rice

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

16



Carrot



Garlic Clove



Jasmine Rice



Massaman Curry Paste



Coconut Milk



Peanut Butter



Diced Chicken Thigh



Lime



Baby Spinach



Soy Sauce

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, frying pan, saucepan, sieve, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Massaman Curry Paste	75g	125g	150g
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1)	30g	45g	60g
Diced Chicken Thigh**	210g	350g	390g
Lime**	½	1	1
Baby Spinach**	40g	100g	100g
Soy Sauce 11) 13)	15ml	30ml	45ml

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3336 / 797	766 / 183
Fat (g)	40.6	9.3
Sat. Fat (g)	20.7	4.7
Carbohydrate (g)	73.3	16.8
Sugars (g)	6.6	1.5
Protein (g)	38.3	8.8
Salt (g)	4.15	0.95

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

Allergens

1) Peanut 11) Soya 13) Cereals containing gluten

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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Start the Prep

- Boil a full kettle.
- Trim the **carrot** (no need to peel), then slice into 1cm thick rounds.
- Peel and grate the **garlic** (or use a garlic press).



Get Frying

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **carrot** and fry until starting to soften, 2-3 mins. Stir occasionally.



Cook the Rice

- While the **carrot** cooks, pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ tsp **salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Build the Flavour

- Once the **carrot** has softened, stir in the **garlic** and **massaman curry paste**. Stir-fry for 1 min.
- Pour in the **coconut milk** and **water for the sauce** (see pantry for amount), then stir through the **peanut butter** until well combined.
- Bring to the boil.



Simmer your Curry

- Stir the **chicken** into the **sauce** and bring back to the boil, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.
- Meanwhile, zest and cut the **lime** into **wedges**.
- For the last 2 mins of cooking, add the **spinach** to the pan a handful at a time until wilted and piping hot.



Finish and Serve

- When the **curry** is ready, remove from the heat. Stir in the **soy sauce** and a squeeze of **lime juice**, along with a splash of **water** if you feel it needs it.
- Taste and season with **salt**, **pepper** and more **lime juice** if needed.
- Fluff up the **rice** with a fork and stir through the **lime zest**.
- Serve the **zesty rice** in bowls with the **chicken curry** on top and a **lime wedge** alongside for squeezing over.

Enjoy!