



Chicken Massaman Curry

with Zesty Jasmine Rice

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

16



Carrot



Garlic Clove



Jasmine Rice



Thai Style Spice Blend



Massaman Style Curry Paste



Coconut Milk



Vegetable Stock Paste



Diced Chicken Thigh



Lime



Chopped Cavolo Nero



Diced Chicken Breast

Recipe Update

Due to quality issues with **baby spinach**, you'll instead receive **chopped cavolo nero**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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

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
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Massaman Style Curry Paste	75g	125g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Diced Chicken Thigh**	210g	350g	390g
Lime**	½	1	1
Chopped Cavolo Nero**	100g	100g	100g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	448g	100g	473g	100g
Energy (kJ/kcal)	3004 / 718	671 / 160	2018 / 697	617 / 148
Fat (g)	33.7	7.5	25.9	5.5
Sat. Fat (g)	19.6	4.4	17.3	3.7
Carbohydrate (g)	73.0	16.3	72.8	15.4
Sugars (g)	7.0	1.6	7.0	1.5
Protein (g)	34.6	7.7	42.2	8.9
Salt (g)	3.76	0.84	3.74	0.79

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

Allergens

3) Sesame 10) Celery

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).



Build the Flavour

- Once the **carrot** has softened, stir in the **garlic**, **Thai style spice blend** and **massaman style curry paste**. Stir-fry for 1 min.
- Pour in the **coconut milk** and **water for the sauce** (see pantry for amount). Add the **veg stock paste**. Stir until well combined.
- Bring to the boil.



Fry the Carrot

- 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.



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. It's cooked when no longer pink in the middle.*
- Meanwhile, zest and cut the **lime** into wedges.
- For the last 4-5 mins of cooking, add the **cavolo nero** to the pan a handful at a time until wilted and piping hot.

CUSTOM RECIPE

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



Cook the Rice

- While the **carrot** cooks, pour the **boiled water** into a large saucepan with **¼ 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.



Finish and Serve

- When the **curry** is ready, remove from the heat. Add 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!