



Coronation Chicken Curry

with Easy Rice and Green Beans

Classic 25-30 Minutes • Mild Spice

7



Basmati Rice



Green Beans



Garlic Clove



Diced Chicken Thigh



Curry Powder



Mango Chutney



Chicken Stock Paste



Soured Cream



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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Diced Chicken Thigh**	260g	390g	520g
Curry Powder	1 sachet	1 sachet	2 sachets
Mango Chutney	40g	60g	80g
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	175ml	250ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	350g	100g	350g	100g
Energy (kJ/kcal)	2941/703	840/201	2682/641	766/183
Fat (g)	27.8	7.9	17.6	5.0
Sat. Fat (g)	12.4	3.5	9.4	2.7
Carbohydrate (g)	77.1	22.0	76.9	22.0
Sugars (g)	15.3	4.4	15.3	4.4
Protein (g)	39.1	11.2	41.9	12.0
Salt (g)	1.82	0.52	1.76	0.5

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

Allergens

7) Milk

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).



Simmer your Curry Sauce

Once the **chicken** is browned, stir in the **garlic**, **curry powder** and **mango chutney** to coat the **chicken** and cook for 1 min.

Pour the **water for the sauce** into the **chicken** pan (see pantry for amount) and stir in the **chicken stock paste**. Add the **green beans** and bring to the boil, then reduce the heat to medium.

Cover with a lid or foil and simmer until the **beans** are tender, about 5-7 mins.



Get Prepped

While the **rice** cooks, trim the **green beans**, then cut into thirds.

Peel and grate the **garlic** (or use a garlic press).



Bring on the Cream

Once the **beans** are tender and the **chicken** is cooked, remove the lid and stir in the **soured cream**. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Bring to the boil, then remove from the heat. Taste and add **salt** and **pepper** if needed. Add a splash of **water** if a little thick.



Fry the Chicken

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

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until browned all over, 5-6 mins. **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 ready, fluff up the **rice** with a fork and share between your bowls.

Spoon your **coronation chicken curry** over the top and tuck in.

Enjoy!