



Coronation Chicken Curry

with Easy Rice and Green Beans

Family 25 Minutes • Mild Spice

7



Basmati Rice



Echalion Shallot



Green Beans



Garlic Clove



Coriander



Diced Chicken Breast



Curry Powder



Mango Chutney



Chicken Stock Paste



Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Saucepan, Garlic Press and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Curry Powder	1 sachet	1 sachet	2 sachets
Mango Chutney	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	175ml	250ml
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2710 /648	695 /166
Fat (g)	18	5
Sat. Fat (g)	9	2
Carbohydrate (g)	77	20
Sugars (g)	15	4
Protein (g)	44	11
Salt (g)	1.41	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp of salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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 Sauce

Stir in the **garlic**, **curry powder** and **mango chutney** to coat the **chicken**, and cook for 1 min. Pour in the **water for the sauce** (see ingredients for amount) and stir in the **chicken stock paste**. Add the **beans**, bring to the boil, then reduce the heat to medium and cover the pan with a lid or some foil. Simmer until the **beans** are tender, about 5-7 mins.



Get Prepped

Halve, peel and thinly slice the **shallot**. Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



Finish Off

Once the **beans** are tender and the **chicken** is cooked, remove the lid and stir in the **soured cream**. Bring to the boil, then remove from the heat. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Stir in **half the coriander**. Taste and add **salt** and **pepper** if needed.



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until the **chicken** is browned, 5-6 mins. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.** **TIP: Fry the chicken in batches if your pan is small as you want it to fry, not stew.** Once the **chicken** is browned, add the **shallot** to the pan and cook with the **chicken**, stirring frequently until softened, 3-4 mins.



Serve

Fluff up the **rice** with a fork. Serve with the **coronation chicken** on top and the remaining **coriander** sprinkled over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.