



Crispy Breaded Chicken and Korma Sauce with Green Beans and Basmati Rice

Little Chefs Eat Me Early • 40-45 Minutes • Mild Spice

10



Garlic Clove



Green Beans



Chicken Fillet



Panko Breadcrumbs



Basmati Rice



Korma Style
Paste



Creme Fraiche



Chicken Stock
Paste

Pantry Items

Oil, Salt, Pepper, Egg, 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

Garlic press, baking paper, saucepan, bowl, lid, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Chicken Fillet**	2	3	4
Panko			
Breadcrumbs 13	50g	75g	100g
Basmati Rice	150g	225g	300g
Korma Style Paste 9	1 sachet	2 sachets	2 sachets
Crema Fraiche** 7	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Egg*	1	2	2
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	3313 /792	821 /196
Fat (g)	24.2	6.0
Sat. Fat (g)	10.1	2.5
Carbohydrate (g)	88.5	21.9
Sugars (g)	7.9	2.0
Protein (g)	55.0	13.6
Salt (g)	2.91	0.72

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

Allergens

7) Milk **9)** Mustard **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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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).
Trim the **green beans**, then cut into thirds.

Season the **chicken** with **salt** and **pepper**, then sandwich each **fillet** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **panko breadcrumbs** into another bowl and season with **salt** and **pepper**.

Little Chefs: *Prep the egg and breadcrumb bowls ready for breading.*



Time to Fry

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** *You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.*

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Once golden, transfer to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



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).



Curry Up

Discard the **oil** and any leftover crumbs from the **chicken** pan, then pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and fry until tender and slightly charred, 5-6 mins.

Stir in the **garlic** and cook for 1 min more, then pour in the **korma mixture** and simmer for 1-2 mins. Add a splash of **water** if it's a little thick.



Bread your Chicken

Meanwhile, put the **korma style paste**, **creme fraiche** and **chicken stock paste** into a bowl and mix to combine.

Mix in the **sugar** and **water for the sauce** (see pantry for both amounts), then set the **korma mixture** aside.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.*

Little Chefs: *Dip the chicken into egg and breadcrumbs to bread it all over - make sure it's really well coated.*



Finish and Serve

When everything is ready, slice the **chicken** widthways into 2cm thick slices.

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **curry** and top with the **sliced chicken**.

Enjoy!