



# Chicken and Spinach Curry

with Basmati Rice and Mango Chutney

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

16



Basmati Rice



Onion



Garlic Clove



Green Chilli



Korma Style Paste



Garam Masala



Diced Chicken Thigh



Tomato Passata



Chicken Stock Paste



Baby Spinach



Mango Chutney



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

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

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	½	1	1
Korma Style Paste 9)	50g	75g	100g
Garam Masala	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	260g	390g	520g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Mango Chutney	40g	80g	80g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	491g	100g	491g	100g
Energy (kJ/kcal)	3164 / 756	644 / 154	2903 / 694	591 / 141
Fat (g)	27.9	5.7	17.8	3.6
Sat. Fat (g)	10.1	2.1	7.2	1.5
Carbohydrate (g)	91.9	18.7	91.6	18.7
Sugars (g)	23.2	4.7	23.2	4.7
Protein (g)	40.4	8.2	43.3	8.8
Salt (g)	3.58	0.73	3.51	0.72

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

## Allergens

### 9) Mustard

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

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 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.



## Curry Up

- Stir in the **korma style paste**, **garam masala**, **garlic** and **half the green chilli** (careful, it's hot - add less if you'd prefer things milder). Cook, stirring, for 1 min.
- Stir in the **chicken**, **passata**, **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil and season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**
- Lower the heat slightly and simmer until thickened, 10-12 mins.

## CUSTOM RECIPE

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



## Get Prepped

- While the **rice** cooks, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed, then finely chop.



## Add the Spinach

- Once thickened, add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.
- Simmer until the **sauce** has reduced slightly and the **chicken** is cooked through, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- Stir through the **mango chutney** and **butter** (see pantry for amount).
- Taste and season with **salt** and **pepper** if needed.



## Fry the Onion

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion** and cook, stirring, until softened, 3-4 mins.



## Serve

- Fluff up the **rice** with a fork, then share between your bowls.
- Top with the **chicken curry**.
- Finish with a sprinkle of the remaining **green chilli**.

## Enjoy!