



Fragrant Chicken Coconut Curry with Baby Spinach and Easy Zesty Rice

Family 25-30 Minutes • Mild Spice • 1 of your 5 a day

7



Red Onion



Garlic Clove



Flat Leaf Parsley



Basmati Rice



Diced Chicken Breast



Zanzibar Style
Curry Powder



Coconut Milk



Chicken Stock Paste



Lime



Baby Spinach

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, frying pan and zester.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Zanzibar Style Curry Powder 9)	2 pots	2 pots	3 pots
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Lime**	½	1	1
Baby Spinach**	100g	200g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2806/671	552/132
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	73	14
Sugars (g)	6	1
Protein (g)	47	9
Salt (g)	1.20	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

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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Prep Time

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



Finish the Curry

Add the **garlic**, **Zanzibar style curry powder** (add less if you don't like heat) and **half the parsley** to the **chicken**. Stir-fry until fragrant, 1 min. Stir in the **coconut milk** and **chicken stock paste**. Bring to the boil, then lower the heat and simmer gently until the **chicken** is cooked through and the **curry** has thickened slightly, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* **TIP:** *Add a splash more water if the curry looks a bit dry.*



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 salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to medium. 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).



Zest it Up

Meanwhile, zest and halve the **lime**. When the **rice** is ready, fluff it up with a fork and stir through the **lime zest**.



Start the Curry

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **chicken** and **onion**. Season with **salt** and **pepper**, then cook until the **chicken** is browned all over and the **onion** is softened, 5-6 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Serve

Once the **curry** is cooked, add the **baby spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Squeeze in some **lime juice** and season with **salt** and **pepper**. Taste and add more **lime**, **salt** or **pepper** if needed. Spoon the **rice** into bowls, top with the **fragrant chicken curry** and finish with a sprinkling of the remaining **parsley**.

Enjoy!