











Korma Style Spiced Chicken and Pepper Skewers with Mango Chutney, Wedges and Baby Leaf Salad

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Family 35-40 Minutes • Mild Spice • 1 of your 5 a day



-  Bamboo Skewers
-  Potatoes
-  Bell Pepper
-  Mango Chutney
-  Korma Style Paste
-  Chicken Breast
-  Red Wine Vinegar
-  Premium Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper, Olive Oil, Mayonnaise

Before you start

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

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Mango Chutney	40g	80g	80g
Korma Style Paste 9)	50g	100g	100g
Chicken Breast**	2	3	4
Red Wine Vinegar 14)	12g	12g	24g
Premium Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2551 /610	467 /112
Fat (g)	22.9	4.2
Sat. Fat (g)	3.1	0.6
Carbohydrate (g)	58.3	10.7
Sugars (g)	17.9	3.3
Protein (g)	46.0	8.4
Salt (g)	2.41	0.44

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

Allergens

9) Mustard 14) Sulphites

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 Prepping

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

Soak the **skewers** in **cold water** (this will prevent them from burning).

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Halve the **pepper** and discard the core and seeds.
Chop into 3cm chunks.



Assemble your Skewers

Thread the **chicken** and **pepper chunks** onto the **skewers** (2 per person), alternating between the two.

Transfer your **skewers** to a lightly oiled baking tray and discard any **marinade** left in the bowl.

Roast on the middle shelf of your oven until cooked through, 15-20 mins. Turn halfway through.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Roast the Wedges

Pop the **potato wedges** onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix the Dressing

While everything cooks, wash up and dry the (now empty) **marinade** bowl.

In the clean bowl, combine the **red wine vinegar** with the **olive oil for the dressing** (see pantry for amount). Add a pinch of **sugar** (if you have any).

Season with **salt** and **pepper**, then mix together.

Set your **dressing** aside until you're ready to serve.



Make your Marinade

While the **wedges** roast, combine the **mango chutney** and **korma style paste** in a medium bowl. Season with **salt** and **pepper**, then mix together.

Cut the **chicken breasts** into 3cm chunks and add to the bowl of **marinade** along with the **chopped pepper chunks**.

Mix to coat everything well.



Finish and Serve

When everything's ready, add the **baby leaf salad** to the bowl of **dressing** and toss to coat. **TIP:** Don't do this too early or the leaves will go soggy.

Transfer your **skewers** to your plates and serve the **wedges** and **salad** alongside.

Pop the **mayonnaise** (see pantry for amount) on the side for dipping.

Enjoy!