



# Quick Butter Chicken Masala

with Mustard Seed Green Beans and Ginger Rice

Rapid 20 Minutes • Medium Spice

12



Ginger



Basmati Rice



Diced Chicken Thigh



Garlic Clove



Green Beans



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Mustard Seeds



Creme Fraiche



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

#### 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, grater, saucepan, sieve, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Ginger**	1	1	2
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Crème Fraîche** 7)	75g	150g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	342g	100g	342g	100g
Energy (kJ/kcal)	3152/753	922/220	2891/691	845/202
Fat (g)	35.2	10.3	25.1	7.3
Sat. Fat (g)	16.7	4.9	13.7	4.0
Carbohydrate (g)	73.9	21.6	73.6	21.5
Sugars (g)	7.0	2.0	7.0	2.0
Protein (g)	39.1	11.4	41.9	12.3
Salt (g)	1.58	0.46	1.52	0.44

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

## Allergens

7) Milk 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 Ginger Rice

- Boil a full kettle.
- Peel and grate the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.
- Pour the **boiled water** into a large saucepan with ¼ **tsp salt** on high heat. Add the **rice** and **half the ginger** 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.



## Fry the Beans

- While everything cooks, heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.
- Stir in the **mustard seeds** and remaining **garlic** and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Drain any excess water, then remove from the heat and keep covered.



## Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and season with **salt** and **pepper**. Stir-fry until golden brown, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- While the **chicken** cooks, grate the remaining **ginger**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds.

## CUSTOM RECIPE

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



## Bring on the Creamy Sauce

- Once the **curry sauce** has reduced, stir in the **creme fraiche**.
- Bring to the boil, then stir in the **butter** (see pantry for amount) until melted. Remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Taste and add **salt** and **pepper** if needed.



## Curry Up

- Once the **chicken** has browned, stir in the **tomato puree**, **North Indian style spice mix**, **grated ginger** and **half the garlic**.
- Add in the **sugar** and **water for the sauce** (see pantry for both amounts). Stir in the **chicken stock paste**.
- Bring to the boil then turn the heat down slightly and simmer until reduced by half, 3-5 mins.



## Serve

- Remove and discard the **ginger** from the **rice** and share between your bowls.
- Top with the **butter chicken masala** and scatter over the **mustard seed green beans**.

## Enjoy!