



Quick Butter Chicken Masala with Nigella Seed Green Beans and Garlic Rice

Rapid 20 Minutes • Medium Spice

12



Garlic Clove



Basmati Rice



Diced Chicken Thigh



Green Beans



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



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

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
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
Nigella Seeds	1 sachet	1 sachet	1 sachets
Crème Fraîche** 7)	75g	150g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	¾ tbsp	1 tbsp
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	329g	100g	329g	100g
Energy (kJ/kcal)	3150 / 753	958 / 229	2889 / 690	879 / 210
Fat (g)	36.3	11.0	26.1	7.9
Sat. Fat (g)	16.9	5.1	13.9	4.2
Carbohydrate (g)	71.6	21.8	71.4	21.7
Sugars (g)	6.6	2.0	6.6	2.0
Protein (g)	39.3	12.0	42.2	12.8
Salt (g)	1.58	0.48	1.51	0.46

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

Allergens

7) Milk

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 Garlic Rice

a) Boil a full kettle. Peel and grate the **garlic** (or use a garlic press).

b) Heat the **oil for cooking** (see pantry for amount) in a deep saucepan on medium heat. Once hot, add **half the garlic** and fry for 1 min. Stir in the **rice** and cook until coated, 1 min.

c) Add **¼ tsp salt** and the **boiled water** and cook for 10-12 mins.

d) 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.



Bring on the Beans

a) While everything cooks, heat a drizzle of **oil** in another frying pan on medium-high heat.

b) Once hot, add the **green beans**. Season with **salt and pepper**, then stir-fry until starting to char, 2-3 mins.

c) Stir in the **nigella seeds** and cook for 1 min.

d) 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

a) Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **diced 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.

c) While the **chicken** cooks, trim the **green beans**, then cut into thirds.

CUSTOM RECIPE

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



Stir in the Cream

a) Once the **spiced sauce** has reduced, stir in the **creme fraiche**.

b) 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.

c) Taste and add **salt and pepper** if needed.



Simmer and Spice

a) Once the **chicken** has browned, stir in the **tomato puree**, **North Indian style spice mix** and remaining **garlic**.

b) Add the **sugar** and **water for the sauce** (see pantry for both amounts). Stir in the **chicken stock paste**.

c) Bring to the boil then turn the heat down slightly and simmer until reduced by half, 3-5 mins.



Serve

a) Share the **garlic rice** between your bowls.

b) Top with the **butter chicken masala** and **nigella seed green beans**.

Enjoy!