



Quick Butter Chicken Masala with Mustard Seed Green Beans and Ginger Rice

Rapid Eat Me Early • 20 Minutes • Medium Spice

16



Ginger



Basmati Rice



Diced Chicken Thigh



Garlic Clove



Green Beans



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Mustard Seeds



Creme Fraiche



Unsalted Butter



Diced Chicken Breast

Pantry Items

Sugar

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

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and aluminium foil.

Ingredients

	2P	3P	4P
Ginger**	1	1	2
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Spice Mix	1 pot	2 pots	2 pots
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Creme Fraiche** 7)	75g	150g	150g
Unsalted Butter** 7)	20g	30g	40g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	343g	100g
Energy (kJ/kcal)	3132 /749	913 /218
Fat (g)	35.7	10.4
Sat. Fat (g)	16.8	4.9
Carbohydrate (g)	67.8	19.8
Sugars (g)	6.5	1.9
Protein (g)	38.6	11.3
Salt (g)	1.14	0.33

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	343g	100g
Energy (kJ/kcal)	2816 /673	821 /196
Fat (g)	24.8	7.2
Sat. Fat (g)	14.0	4.1
Carbohydrate (g)	67.8	19.8
Sugars (g)	6.5	1.9
Protein (g)	44.1	12.9
Salt (g)	1.14	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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Cook the Rice

- Boil a full kettle.
- Peel and halve the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.
- When boiling, pour the **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.
- 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. Remove from the heat and keep covered.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a 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.



Finish the Curry

- Once the **sauce** has reduced, stir in the **creme fraiche**.
- Bring to the boil, then stir in the **butter** 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.



Simmer and Spice

- Once the **chicken** has browned, add the **tomato puree**, **North Indian style spice mix**, **grated ginger** and **half the garlic**.
- Stir together, then pour in the **sugar** and **water for the sauce** (see ingredients for both amounts). Stir in the **chicken stock paste**.
- Bring to the boil 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 **chicken masala curry** and scatter over the **mustard seed green beans**.

Enjoy!