



# Ultimate Creamy Coronation Chicken

with Garlic Butter Rice and Green Beans

36

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



Garlic Clove



Basmati Rice



Chicken Breast



Green Beans



Mustard Seeds



Curry Powder



Creme Fraiche



Mango Chutney



Chicken Stock Paste



Toasted Flaked Almonds

**Pantry Items**  
Oil, Salt, Pepper, Butter

## Before you start

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

## Cooking tools

Garlic press, saucepan, lid, frying pan, baking tray, aluminium foil and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Basmati Rice	150g	225g	300g
Chicken Breast**	2	3	4
Green Beans**	150g	225g	300g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Curry Powder	1 sachet	1 sachet	2 sachets
Crème Fraiche** 7)	150g	225g	300g
Mango Chutney	40g	60g	80g
Chicken Stock Paste	10g	15g	20g
Toasted Flaked Almonds 2)	15g	22g	30g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 440g	Per 100g 100g
Energy (kJ/kcal)	3756 /898	854 /204
Fat (g)	42.1	9.6
Sat. Fat (g)	21.7	4.9
Carbohydrate (g)	80.6	18.3
Sugars (g)	16.4	3.7
Protein (g)	51.9	11.8
Salt (g)	2.05	0.47

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

## Allergens

2) Nuts 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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1



## Start the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Peel and grate the **garlic** (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When hot, add **half** the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).

4



## Make your Coronation Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the **curry powder** and remaining **garlic**. Fry until fragrant, 1 min.

Stir in the **crème fraiche**, **mango chutney**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Stir well to combine and simmer until slightly thickened, 2-3 mins. Taste and season with **salt** and **pepper** if needed.

2



## Sizzle the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

Once browned, pop the **chicken** onto a baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.

5



## Finishing Touches

When the **rice** is ready, fluff it up with a fork.

When the **chicken** is cooked, cut widthways into 2cm thick slices.

3



## Bring on the Beans

Meanwhile, trim the **green beans**.

Wipe the frying pan used for the **chicken** clean and return to medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and **mustard seeds**. Season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat and transfer to a medium bowl. Cover to keep warm.

6



## Serve

Share the **rice** and **green beans** between your bowls, then arrange the **sliced chicken** on top.

Spoon the **coronation sauce** over the **chicken** and sprinkle over the **flaked almonds** to finish.

## Enjoy!