




Butter Chicken and Turmeric Rice with Peas and Flaked Almonds

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

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-  Basmati Rice
-  Ground Turmeric
-  Garlic Clove
-  Korma Style Paste
-  Tomato Puree
-  Diced Chicken Thigh
-  Chicken Stock Paste
-  Peas
-  Creme Fraiche
-  Toasted Flaked Almonds
-  Chilli Flakes
-  Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to swap or upgrade your 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

Saucepan, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Garlic Clove**	2	3	4
Korma Style Paste 9)	50g	75g	100g
Tomato Puree	30g	45g	60g
Diced Chicken Thigh**	210g	350g	390g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Creme Fraiche** 7)	75g	120g	150g
Toasted Flaked Almonds 2)	15g	25g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	150ml	225ml	300ml
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	348g	100g	373g	100g
Energy (kJ/kcal)	3424 / 818	984 / 235	3337 / 798	895 / 214
Fat (g)	40.6	11.7	32.9	8.8
Sat. Fat (g)	16.9	4.9	14.6	3.9
Carbohydrate (g)	78.6	22.6	78.5	21.0
Sugars (g)	12.7	3.6	12.7	3.4
Protein (g)	38.3	11.0	45.9	12.3
Salt (g)	2.94	0.84	2.92	0.78

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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Cook the Turmeric Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice, ground turmeric** (see ingredients for amount) and **¼ tsp salt** 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).



Butter Up

Once thickened, stir through the **peas, creme fraiche** and **butter** (see pantry for amount).

Cook until the **butter** has melted and everything's piping hot, 1-2 mins.



Build the Flavour

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in another medium saucepan on medium-high heat.

Once hot, add the **korma style paste, tomato puree** and **garlic**. Cook, stirring, until fragrant, 1 min.



Finishing Touches

Once the **rice** is cooked, use a fork to fluff it up.

Add a splash of **water** to the **curry** if it's a little too thick. Season with **salt** and **pepper** if needed.



Poach the Chicken

Next, pour the **water for the sauce** (see pantry for amount) into the pan of **spices**.

Stir through the **diced chicken, chicken stock paste** and **sugar** (see pantry for amount).

Bring to a boil, then lower the heat and simmer until the **chicken** is cooked through and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Serve Up

Share the **turmeric rice** between your bowls.

Top with the **creamy butter chicken**.

Finish with a sprinkling of **flaked almonds** and **chilli flakes** (add less if you'd prefer things milder) if you'd like.

Enjoy!