



Korma and Mango Chutney Glazed Chicken

with Green Beans, Couscous and Tomato Salsa

12

Quick 20 Minutes • Mild Spice • 1 of your 5 a day



Green Beans



Garlic Clove



Chicken Stock Paste



Couscous



Diced Chicken Thigh



Medium Tomato



Korma Curry Paste



Mango Chutney



Greek Style Natural Yoghurt



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

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. Ingredients in red are hot!

Cooking tools

Garlic press, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Couscous 13	120g	180g	240g
Diced Chicken Thigh**	240g	390g	520g
Medium Tomato	1	2	2
Korma Curry Paste 9	50g	75g	100g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Couscous*	200ml	300ml	400ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	500g	100g	500g	100g
Energy (kJ/kcal)	2635 / 630	527 / 126	2374 / 567	475 / 113
Fat (g)	23.5	4.7	13.4	2.7
Sat. Fat (g)	7.4	1.5	4.4	0.9
Carbohydrate (g)	63.7	12.7	63.4	12.7
Sugars (g)	20.1	4.0	20.1	4.0
Protein (g)	40.8	8.2	43.6	8.7
Salt (g)	2.94	0.59	2.87	0.57

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

Allergens

7) Milk **9)** Mustard **13)** Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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60 Worship St, London EC2A 2EZ



Get Prepping

- Trim the **green beans**, then cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).



Char the Beans

- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **green beans** and stir-fry until starting to char and soften, 2-3 mins.
- Turn the heat down to medium, then stir in the **garlic** and cook for 30 secs more.



Make the Couscous

- Once the **beans** have softened, stir in the **water for the couscous** (see pantry for amount) and **chicken stock paste**. Bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and cover with a tight-fitting lid.
- Leave to the side for 8-10 mins or until ready to serve.



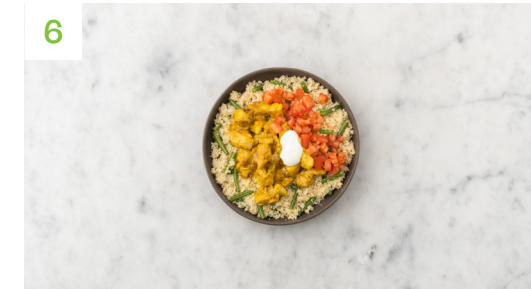
Fry your Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finishing Touches

- Meanwhile, cut the **tomato** into 1cm chunks and pop into a bowl. Drizzle with **olive oil** and season with **salt** and **pepper**, then mix well.
- Once the **chicken** is cooked, stir the **korma curry paste**, **mango chutney**, **half the yoghurt** and the **water for the sauce** (see pantry for amount) into the pan.
- Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.



Serve

- When everything's ready, share the **couscous** and **beans** between your serving bowls.
- Spoon the **glazed chicken** over the top.
- Finish with spoonfuls of the **tomato salsa** and a dollop of the remaining **yoghurt**.

Enjoy!

CUSTOM RECIPE

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