

Chicken Tikka Masala and Sticky Pasanda King Prawns Feast

with Basmati Rice, Raita, Bhajis and Samosas

Double Protein 40-45 Minutes • Mild Spice • 1 of your 5 a day



Diced British Chicken Breast



Garlic Clove



King Prawns



Pasanda Style Seasoning



Cucumber



Greek Style Natural Yoghurt



Tikka Masala Paste



Tomato Puree



Creme Fraiche



Chicken Stock Paste



Indian Snack Selection



Baby Spinach



Mango Chutney



Steamed Basmati Rice



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Butter

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

Frying pan, garlic press, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Breast**	240g	390g	520g
Garlic Clove**	3	4	5
King Prawns** 5)	225g	225g	450g
Pasanda Style Seasoning	1 sachet	1 sachet	2 sachets
Cucumber**	½	¾	1
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Indian Snack Selection** 13)	1 pack	1½ packs	2 packs
Baby Spinach**	40g	100g	100g
Mango Chutney	80g	160g	160g
Steamed Basmati Rice	1 pouch	2 pouches	2 pouches
Toasted Flaked Almonds 2)	15g	25g	30g
Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4846/1158	591/141
Fat (g)	57.3	7.0
Sat. Fat (g)	19.4	2.4
Carbohydrate (g)	93.3	11.4
Sugars (g)	37.7	4.6
Protein (g)	61.5	7.5
Salt (g)	6.33	0.77

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

Allergens

2) Nuts 5) Crustaceans 7) Milk 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, mollusc, 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.

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Get Frying

Preheat your oven to 220°C/200°C fan/gas mark 7.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** to the pan 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.

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



Bring on the Snacks

In the meantime, remove the **Indian selection** from its packaging and pop onto a baking tray. Bake on the middle shelf of your oven until crispy and golden, 10-12 mins.

Once your **curry** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir through the **butter** (see pantry for amount) until melted. Add a splash of **water** if it's a little too thick. Cover and set aside for later.



Marinate the Prawns

In a small bowl, combine the **prawns**, **pasanda style seasoning**, **olive oil for the marinade** (see pantry for amount) and **half the garlic**. Season with **salt** and **pepper**, mix well, then set aside to marinate. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

In another small bowl, combine the **cucumber** and **yoghurt**, season with **salt** and **pepper**. Set your **raita** aside.



Fry your Prawns

While the **snacks** are in the oven, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **prawns** and stir-fry for 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

Once cooked, remove from the heat and drizzle over **half the mango chutney**, turning the **prawns** to coat them.

Meanwhile, cook the **rice** according to pack instructions.



Curry On

Once the **chicken** is cooked, stir in the **tikka masala paste**, **tomato puree**, and remaining **garlic**. Fry until fragrant, 1 min more.

Next, stir through the **creme fraiche**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until thickened slightly, 3-4 mins.



Serve your Feast

When everything's ready, transfer your **chicken tikka masala**, **sticky pasanda prawns**, **rice** and **cucumber raita** to appropriately sized serving bowls.

Sprinkle the **flaked almonds** over the **curry** to finish.

Serve your **bhajis** and **samosas** on the side with the remaining **mango chutney** alongside for dipping.

Share and tuck in.

Enjoy!