







Hello
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African Chicken Curry with Yellow Rice

Our chef André has used the heady aromas of the East African spice route as inspiration for this warming curry. The mild spices add delicious flavour but not too much heat, making it suitable and tasty for the whole family!



40 mins



spicy



4 of your
5 a day



family box



Chicken Thigh (8)



Mild Curry Powder
(1½ tsp)



Red Onion
(1)



Garlic Clove (1)



Ginger (1 tbsp)



Red Pepper
(1)



Chopped Tomatoes
(1 tin)



Chicken Stock Pot
(½)



Water (700ml)



Cardamom Pod
(4)



Turmeric
(½ tsp)



Basmati Rice
(350g)



Green Beans
(1 pack)



Flat Leaf Parsley
(1 bunch)

4 PEOPLE INGREDIENTS

- Chicken Thigh
 - Mild Curry Powder
 - Red Onion, sliced
 - Garlic Clove, grated
 - Ginger, grated
 - Red Pepper, sliced
 - Chopped Tomatoes
- 8

1½ tsp

1

1

1 tbsp

1 tbsp

1 tin
- Chicken Stock Pot
 - Water
 - Cardamon Pod
 - Turmeric
 - Basmati Rice
 - Green Beans, chopped
 - Flat Leaf Parsley, chopped
- ½

700ml

4

½ tsp

350g

1 pack

1 bunch

Allergens: Mustard.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	620 kcal / 2607 kJ	22 g	5 g	69 g	15 g	40 g	2 g
Per 100g	95 kcal / 401 kJ	3 g	1 g	11 g	2 g	6 g	0 g

🌱 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cardamon is a seed pod of a plant in the ginger family. A warming spice that is one of the most expensive in the world; second only to saffron.

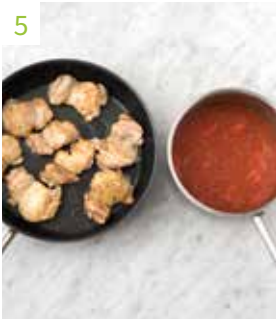
Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Preheat your oven to 200 degrees. Place the **chicken thighs** in a bowl. Drizzle over a splash of **oil** and season with **salt** and **black pepper**. Sprinkle in half of the **curry powder** and then rub the spice into your **chicken**. Keep to one side.



2 Cut the **red onion** in half through the root, peel and then slice thinly into half moon shapes. Peel and grate the **garlic** and **ginger** on the fine side of your grater (or use a garlic press if you have one). Remove the core from the **red pepper** and cut into 1cm slices.



3 Pop a saucepan on medium heat and add a glug of **oil**. Add your **onion** and **pepper** and cook for 5 mins or until soft. Add your **garlic**, **ginger**, and remaining **curry powder** and cook for 1 minute more. Add the **chopped tomatoes** and the **chicken stock pot**. Stir well and half fill the empty tomato tin with **water**, then add this to your pan. Bring your **curry sauce** to the boil, then reduce the heat to low and simmer for 15 mins.



4 Now to cook the **rice**. Put a pot of **water** (amount specified in the ingredient list) on high heat and add the **cardamon pods**, the **turmeric** and a generous pinch of **salt**. Bring to the boil and then add the **basmati rice**. Reduce the heat to low and cook your **rice** for 10 mins with the lid on. After 10 mins, remove the pot from the heat and leave your **rice** to finish cooking in its own steam, for 10 mins more. No peeking!

5 While your rice and curry sauce are cooking, get on with your **chicken**. Heat a frying pan over medium-high heat (no oil). When the pan is hot, carefully lay your **chicken** in the pan and cook for 2 mins on each side. Make sure your **chicken** is browned all over before transferring to a baking tray, then roasting in your oven for 12-15 mins. **Tip:** The chicken is cooked when it is no longer pink in the middle. When cooked, remove your **chicken** from your oven and cover with tinfoil to keep warm.

6 While everything cooks away, finish off your last few jobs. Remove the tops and bottoms from the **green beans**. Chop your **green beans** into three pieces and add them to your **curry sauce**. They will need to cook for 10 mins. Roughly chop the **parsley**.

7 Fluff up your **rice** with a fork. Add your **parsley** to your **curry sauce**, taste and add more **salt** and **black pepper** if necessary. Cut each **chicken thigh** in half lengthways.

8 Pop a generous amount of **rice** onto each plate, top with your **chicken** and **curry sauce** and enjoy! [Share this recipe - just keep an eye on your emails for this week's survey!](#)