



Chicken Jalfrezi Style Curry

with Jasmine Rice and Naan

Rapid 20 Minutes • Little Heat • 1 of your 5 a day



Jasmine Rice



Chicken Thigh Diced



Garlic



Onion



Green Pepper



Coriander



Jalfrezi Spice



Chopped Tomatoes



Naan

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300
Chicken Thigh Diced**	210g	350g	420g
Garlic**	2 cloves	3 cloves	4 cloves
Onion**	1	1	2
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Jalfrezi Spice	1 small pot	¾ large pot	1 large pot
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Sugar	1 tsp	1½ tsp	2 tsp
Naan 7) 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	799g	100g
Energy (kJ/kcal)	3441/823	431/103
Fat (g)	14	2
Sat. Fat (g)	3	1
Carbohydrate (g)	131	16
Sugars (g)	18	2
Protein (g)	40	5
Salt (g)	1.40	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Start the Curry

a) Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

b) When hot, add the **chicken**, season with **salt** and **pepper**

c) Stir-fry until golden brown on the outside, 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



Cook the Veg

a) Peel and grate the **garlic** (or use a garlic press).

b) Halve, peel and chop the **onion** into small pieces.

c) Halve the **green pepper** and discard the core and seeds. Chop into 1cm sized chunks.

d) Roughly chop the **coriander** (stalks and all).

e) Add the **onion** and **green pepper** to the **chicken** and stir fry till softened, 5-6 mins.



Finish the Sauce

a) Pop your grill onto high-heat for your **naans**.

b) Once the **vegetables** are soft, add the **jalfrezi spice mix** and the **garlic**. Cook stirring for one minute.

c) Add the **chopped tomatoes** and **sugar** (see ingredients for amount) and stir together.

d) Bring to the boil and simmer until the sauce has thickened, 4-5 mins.



Warm the Naan

a) Place the **naans** under the grill until toasted and golden, 2-3 mins.



Serve Up

a) Taste and season the **curry** with **salt** and **pepper**, if you think it needs it, and stir through **half** the **coriander**.

b) Fluff up the **rice** and share between your bowls.

c) Top with the **curry** and a sprinkling of the remaining **coriander**.

d) Serve with the **naan**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.