



# Chicken Korma Style Curry with Green Beans and Rice

Classic 30 Minutes • Little Spice • 1 of your 5 a day

N° 10



Basmati Rice



Shallot



Green Beans



Diced Chicken Breast



Korma Curry Paste



Honey



Chicken Stock Paste



Creme Fraiche

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Saucepan, Frying Pan, Wooden Spoon, Plate.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Shallot**	1	1	2
Green Beans**	80g	150g	150g
Diced Chicken Breast**	280g	420g	560g
Korma Curry Paste (9)	1 sachet	1½ sachets	2 sachets
Water for Curry*	50ml	75ml	100ml
Honey	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Crema Fraiche (7)**	75g	99g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	360g	100g
Energy (kJ/kcal)	2805 / 670	780 / 186
Fat (g)	22	6
Sat. Fat (g)	9	3
Carbohydrate (g)	73	20
Sugars (g)	13	4
Protein (g)	43	12
Salt (g)	3.55	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard

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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## Cook the Rice

Pour the **cold water** for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



## Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces. Trim the **green beans** then chop them into thirds.



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **diced chicken pieces** and fry until golden, turning occasionally until browned on all sides, 6-8 mins. Season with **salt** and **pepper** as it cooks.



## Make the Sauce

Once the **chicken** has browned, add the **shallot** and cook until softened, 3-4 more mins, stirring occasionally. Once softened, add the **korma curry paste**, **honey**, **stock paste** and **water** (see ingredients for amount), stir to mix it all together. Add the **crema fraiche** and **green beans** and stir until fully combined. Bring to the boil and simmer until the **beans** are tender and the **chicken** is cooked through, 5-6 mins, stirring occasionally. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Tidy up Time

While you wait for everything to finish, have a quick tidy up.



## Serve Up

Taste and season the **curry** with **salt** and **pepper** if you think it needs it. Divide the **rice** between plates and top with the **chicken korma curry**.

## 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.