



Chicken Korma Style Curry

with Green Beans and Basmati Rice

Classic 25-30 Minutes • Mild Spice

1



Basmati Rice



Echalion Shallot



Green Beans



Diced
Chicken Breast



Korma
Style Paste



Chicken
Stock Paste



Creme Fraiche



King Prawns

Pantry Items
Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid and frying pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	1	2
Green Beans**	80g	150g	150g
Diced Chicken Breast**	280g	420g	560g
Korma Style Paste 9)	1 sachet	1 ½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Sugar for the Curry*	1 tsp	1 ½ tsp	2 tsp
Water for the Curry*	50ml	75ml	100ml
Creme Fraiche** 7)	75g	120g	150g
King Prawns** 5)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2669/638	760/182
Fat (g)	20.5	5.8
Sat. Fat (g)	9.1	2.6
Carbohydrate (g)	68.6	19.5
Sugars (g)	8.2	2.3
Protein (g)	43.5	12.4
Salt (g)	2.53	0.72
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	2889/690	678/162
Fat (g)	21.2	5.0
Sat. Fat (g)	9.4	2.2
Carbohydrate (g)	68.6	16.1
Sugars (g)	8.2	1.9
Protein (g)	55.3	13.0
Salt (g)	3.43	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 9) Mustard

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, 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.

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 salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Add the Flavour

Once the **chicken** has browned, add the **shallot** and fry until softened, 3-4 mins.

Stir in the **korma style paste**, **chicken stock paste**, **sugar** and **water for the curry** (see ingredients for both amounts).



Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces.

Trim the **green beans** and chop into thirds.



Curry Up

Add the **creme fraiche** and **green beans** to the pan, stir together, then bring to the boil.

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.

CUSTOM RECIPE

If you've chosen to add **king prawns** to your meal, simmer the **curry** for 2 mins, then stir in the **prawns** and cook for the remaining 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Fry the Chicken

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

Once hot, add the **chicken** to the pan and season with **salt** and **pepper**. Fry until browned all over, 6-8 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Serve

When the **curry** is ready, taste and season with **salt** and **pepper** if needed.

Fluff up the **rice** with a fork and divide between your bowls. Top with the **chicken korma style curry**.

Enjoy!