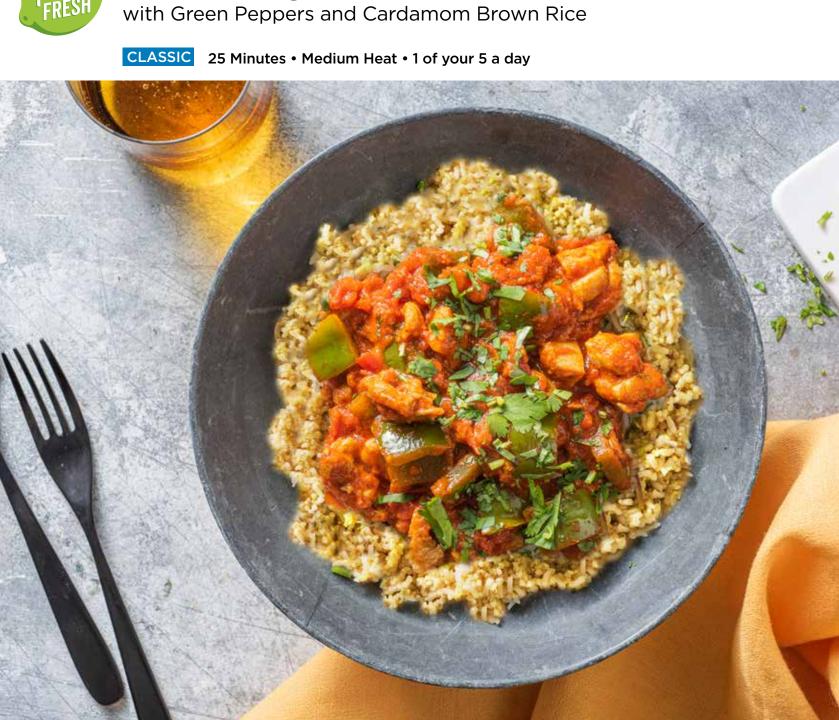


# Chicken Rogan Josh







Cardamom Pod

Brown Basmati Rice





Diced Chicken Thigh

Green Pepper





Rogan Josh Curry Paste





Chopped Tomatoes with

Chicken Stock Powder



Onion and Garlic



Coriander



Chilli Flakes

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

#### Basic cooking tools you will need:

Large Saucepan, Large Frying Pan, Fine Grater (or Garlic Press) and Measuring Jug.

#### Ingredients

|                                              | 2P       | 3P         | 4P        |
|----------------------------------------------|----------|------------|-----------|
| Cardamom Pod                                 | 4        | 4          | 4         |
| Brown Basmati<br>Rice                        | 150g     | 225g       | 300g      |
| Diced Chicken<br>Thigh**                     | 280g     | 420g       | 560g      |
| Green Pepper**                               | 1        | 1½         | 2         |
| Garlic Clove**                               | 1 clove  | 1 clove    | 2 cloves  |
| Rogan Josh Curry<br>Paste                    | 1 sachet | 1½ sachets | 2 sachets |
| Chopped<br>Tomatoes with<br>Onion and Garlic | 1 carton | 1½ cartons | 2 cartons |
| Water for the<br>Curry*                      | 100ml    | 150ml      | 200ml     |
| Chicken Stock<br>Powder                      | 1 sachet | 2 sachets  | 2 sachets |
| Coriander**                                  | 1 bunch  | 1 bunch    | 1 bunch   |
| Chilli Flakes                                | a pinch  | a pinch    | a pinch   |
| *Marker dad data ** Changla the Edding       |          |            |           |

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

## **Nutrition**

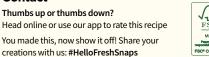
|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 581g        | 100g     |
| Energy (kJ/kcal)         | 2874 /687   | 495/118  |
| Fat (g)                  | 22          | 4        |
| Sat. Fat (g)             | 5           | 1        |
| Carbohydrate (g)         | 78          | 14       |
| Sugars (g)               | 16          | 3        |
| Protein (g)              | 41          | 7        |
| Salt (g)                 | 3.53        | 0.61     |

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

#### Contact

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### 1. Cook the Rice

Bring a large saucepan of water to the boil with 1/4 tsp of **salt**. While it comes to the boil, lightly crush the **cardamom pods** to reveal the seeds. Pop these into the saucepan of water. Stir in the rice, bring back to the boil, and simmer the **rice** until tender, 25-30 mins. **TIP:** *Top up with water if it boils* off. Once cooked, carefully remove the cardamon pods, then drain the rice in a sieve and return to the pan, off the heat.



# 2. Fry the Chicken

Meanwhile, heat a splash of oil in a large frying pan over medium-high heat. When hot, add the **chicken pieces** and fry until golden all over, 5-6 mins, turning every couple of mins. Season with salt and pepper as it cooks. Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the garlic (or use a garlic press).



# 3. Add Some Spice!

Add the peppers to the pan with the chicken and cook until beginning to soften, another 3-4 mins. Stir in the garlic and Rogan Josh paste and cook for a minute. Stir in the chopped tomatoes, water (see ingredients for amount) and the stock powder.



# 4. Simmer the Curry

Bring to a simmer and bubble gently until the **chicken** is cooked through and the **sauce** is nice and thick, 10-15 mins. **IMPORTANT:** The chicken is cooked through when no longer pink in the middle. Meanwhile, roughly chop the **coriander** (stalks and all).



## 5. Finish Off

When the **chicken** is cooked through, taste the curry and season to taste with salt and pepper. Add chilli flakes at this stage if you want to increase the heat! Stir half the coriander through the rice and get ready to serve.



## 6. Serve

Share the **rice** between your bowls and top with your chicken rogan josh. Finish with a sprinkle of **coriander**.

## **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.