

Dinner: Chicken Tikka Curry and Cardamom Rice















Lunch: Tikka Wraps with Mint Yoghurt

Dinner to Lunch 45 Minutes • Little Spice • 2 of your 5 a day

Dinner



Lunch

-  Basmati Rice
-  Cardamom Pods
-  Bell Pepper
-  Coriander
-  Garlic Clove
-  Diced Chicken Thigh
-  Tikka Masala Paste
-  Tomato Passata
-  Baby Spinach
-  Creme Fraiche
-  Mint
-  Greek Style Natural Yoghurt
-  Baby Gem Lettuce
-  Wholewheat Tortilla

Before you start

Cooking tools, you will need:

Saucepan with Lid, Garlic Press, Frying Pan, Small Bowl, Aluminium Foil.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Cardamom Pods	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Diced Chicken Thigh**	560g	700g	840g
Tikka Masala Paste	75g	112g	150g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for Curry*	75ml	100ml	150ml
Baby Spinach**	40g	100g	100g
Creme Fraiche** 7)	75g	120g	150g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7)	75g	75g	75g
Baby Gem Lettuce**	1	1	1
Wholewheat Tortilla 13)	4	4	4

*Not Included ** Store in Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	2787 /666	643 /154
Fat (g)	30	7
Sat. Fat (g)	10	2
Carbohydrate (g)	53	12
Sugars (g)	8	2
Protein (g)	46	11
Salt (g)	1.60	0.37

Lunch	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	2666 /637	530 /127
Fat (g)	26	5
Sat. Fat (g)	10	2
Carbohydrate (g)	70	14
Sugars (g)	7	2
Protein (g)	32	6
Salt (g)	1.46	0.29

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.

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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, cardamom pods** 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).



Finish the Curry

Once the **curry** has thickened, add the **spinach** and a handful at a time until wilted and piping hot, 1-2 mins. Stir in the **creme fraiche** and bring to a boil. Remove from the heat.



Prep and Fry

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan on a medium-high heat. Once the **oil** is hot, add the **pepper** and **diced chicken thigh** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside, 5-7 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



Finish and Serve

Remove the **cardamom pods** from the **rice** and fluff it up, stirring through **half** of the **coriander**. Reserve 1-2 tablespoons of **rice** and 2 spoonfuls of **chicken curry** for each wrap (pop in the fridge if you are making your lunch the following morning). Share the **rice** between your bowls topped with the **chicken curry** and remaining **coriander**.

Enjoy!



Make the curry

Once the **chicken** has browned, add the **garlic** and **tikka paste**, stir-fry for 1 min. Stir in the **passata** and **water for the curry** (see ingredients for amount). Bring to a boil then turn the heat down to a simmer. Cook until slightly thickened, 8-10 mins. **TIP:** Add a splash of water if the curry is a bit too thick. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Lunch Time

When you are ready to pack your lunch, pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Pop the **mint** into a small bowl with the **Greek yoghurt** and mix well. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Spread a spoon of the **yoghurt** onto each **tortilla** (2 per person) and top with the **reserved rice** and **chicken curry**. Sprinkle over the **baby gem**. Roll up, wrap in foil and refrigerate. Enjoy cold! **TIP:** Roll your wrap just before eating for maximum freshness.

Enjoy!