



# Coronation Chicken Curry

with Easy Rice and Green Beans

Family Eat Me Early • 25-30 Minutes • Mild Spice

7



Basmati Rice



Red Onion



Green Beans



Garlic Clove



Coriander



Diced Chicken Breast



Curry Powder



Mango Chutney



Chicken Stock Paste



Creme Fraiche

## 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, garlic press and frying pan.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Red Onion**	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Curry Powder	1 sachet	1 sachet	2 sachets
Mango Chutney	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	175ml	250ml
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** 7)	150g	225g	300g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	3067 / 733	735 / 176
Fat (g)	27	6
Sat. Fat (g)	15	4
Carbohydrate (g)	79	19
Sugars (g)	16	4
Protein (g)	44	11
Salt (g)	1.42	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

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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1



## 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).

2



## Get Prepped

While the **rice** cooks, halve, peel and thinly slice the **red onion**. Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).

3



## Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until the **chicken** is browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. **TIP:** Fry the chicken in batches if your pan is small as you want it to fry, not stew. Once the **chicken** is browned, add the **onion** to the pan and cook, stirring frequently, until softened, 3-4 mins.

4



## Simmer your Sauce

Stir in the **garlic**, **curry powder** and **mango chutney** to coat the **chicken** and cook for 1 min. Pour in the **water for the sauce** (see ingredients for amount) and stir in the **chicken stock paste**. Add the **beans**, bring to the boil, then reduce the heat to medium and cover the pan with a lid or some foil. Simmer until the **beans** are tender, about 5-7 mins.

5



## Finish Off

Once the **beans** are tender and the **chicken** is cooked, remove the lid and stir in the **crème fraîche**. Bring to the boil, then remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Stir in **half** the **coriander**. Taste and add **salt** and **pepper** if needed.

6



## Serve

Fluff up the **rice** with a fork. Serve with the **coronation chicken** on top and the remaining **coriander** sprinkled over.

## Enjoy!