CREAMY CHICKEN CURRY

with Mangetout and Fluffy Rice

HELLO MANGETOUT

Mangetout is French andf means 'eat it all'.

- Basmati Rice
- Diced Chicken Breast
- Tomato Purée
- Sri Lankan Curry Powder
- Finely Chopped Tomatoes with Garlic & Onion
- Chicken Stock Powder
- Red Chilli
- Mangetout
- Crème Fraîche

MEAL BAG

19

🕙 Hands on: **10** mins
Total: **35** mins

🍎 **2** of your **5** a day

🌶 Little heat

👫 Family Box

We believe that sharing is caring, which is why it's no secret what makes our creamy chicken curry so delicious. The Sri Lankan curry blend in this dish is a mix of some classic Sri Lankan spices and herbs like cardamom, fenugreek seeds and cayenne. You'll rarely find this blend anywhere else and it really portrays the true taste of Sri Lanka.

1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan with a pinch of **salt**. Bring to the boil on high heat, then add the **rice**. Stir, then cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins.
★ **TIP:** The rice will finish cooking in its own steam.

2 FRY THE CHICKEN

In the meantime, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **diced chicken**. Season with a pinch of **salt** and **pepper**. Stir and cook until browned, about 5 mins. ★ **TIP:** You may need to do this in batches if your pan is small - you want the chicken to brown, not stew.

3 SIMMER THE CURRY

Add the **tomato purée** and **Sri Lankan curry powder**. Stir together and cook for 1-2 mins. Pour in the **chopped tomatoes**, **water** (see ingredients for amount) and **stock powder**. Stir to dissolve the **stock powder** and bring to the boil. Reduce the heat to low and simmer until the **curry** has thickened slightly, 10 mins.

4 FINISH OFF

While the **curry** bubbles away, halve the **red chilli**, deseed and finely chop. Do any washing up whilst you have a moment.

5 ADD THE CREAM

Once the **curry** has been cooking for 10 mins, add the **mangetout**, cover with a lid (or some foil) and simmer until the **chicken** is cooked, 5 more mins. ❗ **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Remove from the heat and stir in the **crème fraîche**.

6 SEASON AND SERVE

Taste and add more **salt** and **pepper** to the **curry** if you think it needs it. Fluff up the **rice** with a fork, and spoon into bowls. Divide the **curry** between your bowls, adding a sprinkling of chopped **chilli** for those who want a bit of a kick. **Enjoy!**

2 - 4 PEOPLE
INGREDIENTS
In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Breast	280g	420g	560g
Tomato Purée	20g	30g	30g
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water for the Curry*	50ml	75ml	100ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Red Chilli	½	½	½
Mangetout	1 pack	1 pack	2 packs
Crème Fraîche 7)	1 small pouch	1 medium pouch	1 large pouch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 562G	PER 100G
Energy (kcal)	675	120
(kJ)	2824	503
Fat (g)	20	4
Sat. Fat (g)	9	2
Carbohydrate (g)	80	14
Sugars (g)	18	3
Protein (g)	47	8
Salt (g)	2.34	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

👍 **THUMBS UP OR THUMBS DOWN?**
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