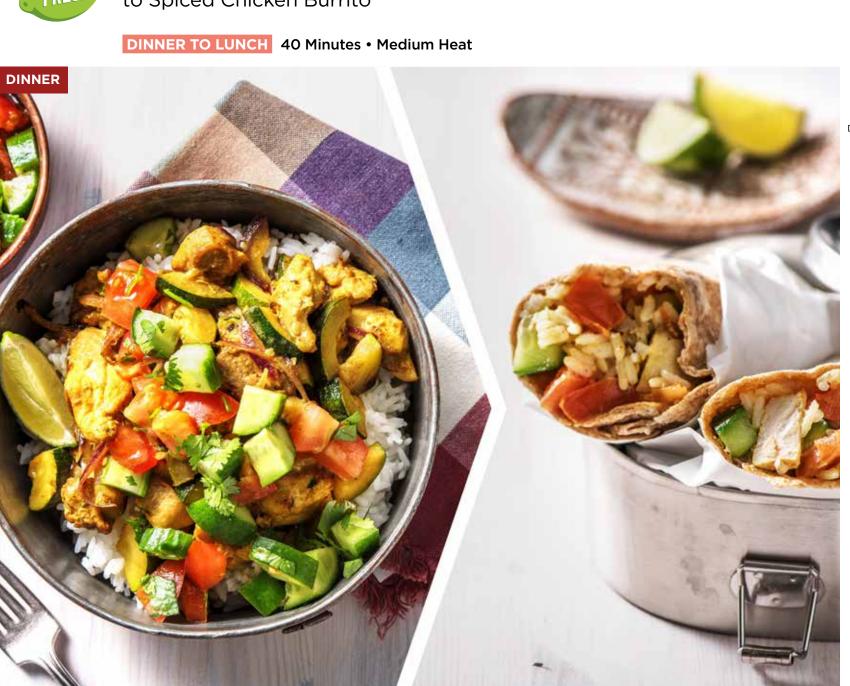


# **Creamy Chicken Curry**

to Spiced Chicken Burrito







Diced Chicken Thigh Zanzibar Curry Powder





Creme Fraiche

Knorr Chicken Stock Powder





Jasmine Rice



Courgette



**Red Onion** 

Cucumber



Vine Tomato



Coriander



Lime



Mango Chutney



Whole Wheat Soft Tortillas

LUNCH

# Before you start

Our fruit and veggies need a little wash before you use them!

#### Basic cooking tools, you will need:

Large Baking Tray, Measuring Jug and two Saucepans (one with a Lid).

#### **Ingredients**

	2P	3P	4P
Diced Chicken Thigh	560g	700g	840g
Zanzibar Curry Powder <b>9)</b>	1 pot	2 pots	2 pots
Half Fat Creme Fraiche <b>7)</b>	100g	150g	200g
Water for the Rice*	450ml	600ml	750ml
Knorr Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Jasmine Rice	225g	300g	375g
Red Onion	1	1	2
Courgette	1	1½	2
Water for the Curry*	100ml	150ml	200ml
Cucumber	1/2	1/2	1/2
Vine Tomato	2	2	2
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1	1
Mango Chutney	1 pot	1 pot	1 pot
Whole Wheat Soft Tortilla <b>13</b> )	4	4	4
*Not Included			

#### **Nutrition for uncooked Ingredients**

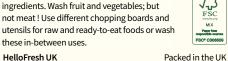
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DINNER	Per serving	Per
5	428g	100g
Energy (KJ/kcal)	2312/ 552	541/129
Fat (g)	12	3
Sat. Fat (g)	10	2
Carbohydrate (g)	74	17
Sugars (g)	7	2
Protein (g)	39	9
Salt (g)	1.39	0.33
LUNCU	Per serving	Per
LUNCH	580g	100g
Energy (KJ/kcal)	2705/ 646	467/111
Fat (g)	16	3
Sat. Fat (g)	10	2
Carbohydrate (g)	83	14
Sugars (g)	22	4
Protein (g)	42	7
Salt (g)	3.59	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk 9) Mustard 13) Gluten

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



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#### 1. Grill the Chicken

Preheat your grill to high. Line a large baking tray with foil. Pop the **chicken pieces** on the baking tray and season with salt and half the Zanzibar curry powder. Spoon on half of the creme fraiche and use your hands to rub the creme fraiche and seasoning all over the **chicken**. Arrange in one layer and grill until charred and cooked through, 15-16 mins. Turn halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat.



#### 2. Cook the Rice

Meanwhile, pour the water for the rice (see ingredients for amount) and half the Knorr **chicken stock** into a saucepan and bring to the boil. When boiling, stir in the rice, lower the heat to medium and pop a lid on the pan. 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).



## 3. Start the Curry

Meanwhile, halve, peel and thinly slice the red onion. Trim the courgette, quarter lengthways and chop into small pieces. Heat a splash of oil in a saucepan over medium high heat. Add the onion and cook until soft, 3-4 mins. Add the courgette, remaining Zanzibar spice and Knorr **stock**, stir and cook for a minute. Add the water (see ingredients for amount) and simmer until the courgette is tender, 4-5 mins. Remove from the heat.



## 4. Prep the Salsa

Whilst everything is cooking, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Chop the **tomatoes** into small chunks. Roughly chop the **coriander** (stalks and all). Zest and halve the lime. Mix the cucumber and tomato together in a medium bowl along with half the **coriander**. Add a squeeze of **lime juice**, a pinch of zest and a glug of olive oil. Keep to one side.



### 5. Finish and Serve

When the **chicken** is cooked, keep 2 portions to one side and allow to cool. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Transfer the rest to the saucepan with the curry and stir in the remaining **creme fraiche**. Return the pan to a medium heat until everything is piping hot, 2 mins. Season to taste with salt, pepper and **lime juice**. Fluff up the **rice**, (keep 2 portions for your lunch) and share between your bowls. Serve the curry on top and finish with a spoonful of salsa.



## 6. Make vour Lunch

Mix the remaining cooled chicken, salsa and rice in a bowl with the chutney. Season with salt and pepper. Lay a tortilla on a board. Spoon 1/4 of the mix down the middle (leaving some space at each end). Fold the two short ends in over the filling then the two longer sides. Repeat so you have 2 wraps each. Wrap in foil and refrigerate. Enjoy cold the following day.

#### **HELLO KNORR!**

At Knorr, our stocks are made with carefully selected ingredients, that are slowly simmered to release maximum flavour. Our stocks are also gluten free, free from artificial colours and preservatives and have no added MSG. Knorr is also the number 1 stocks brand in the UK!