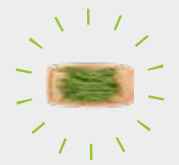




HERBY SPICED CHICKEN

with Buttery Curry Sauce and Fluffy Rice



HELLO GREEN BEANS

The green bean is also known as string bean owing to the string that ran along the side of the pod. It had to be removed prior to cooking- fortunately, a stringless bean was created.



Coriander



North Indian Style Curry Powder



Chicken Breast



Echalion Shallot



Garlic Clove



Green Beans



Basmati Rice



Yellow Mustard Seeds



Tomato Passata



Chicken Stock Powder



Unsalted Butter

MEAL BAG

25 mins

1 of your 5 a day

Medium heat

Garlicky, fragrant and sweetly spiced, this is the perfect mid-week meal solution. The chicken is marinated in North Indian spices for intense flavour and is paired with a buttery curry sauce. Create the sauce by mixing garlic, curry powder and mustard seeds, which are great for a spicier, mustard flavour which compliments the spiced chicken. Green beans keep things fresh and add a lovely crunchy element. Once cooked, fluff up the rice with a fork and spoon into bowls, sprinkling any remaining coriander.

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Baking Tray**, **Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 PREP THE CHICKEN

Preheat your oven to 200°C. Finely chop the **coriander** (stalks and all). Pop **half** the **coriander** in a mixing bowl and add **half** the **North Indian style curry powder**. Add the **olive oil** (see ingredients for amount), a pinch of **salt** and **pepper** and mix together. Add the **chicken breasts** to the bowl and stir around so they are completely coated in the **spice** and **herb**. Leave to the side. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



4 COOK THE RICE

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, 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).



2 GET CHOPPING

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds.



5 MAKE THE SAUCE

Pop your frying pan back on medium heat with a drizzle of **oil**. Add the **shallot**. Stir-fry until softened, 2 mins. Add the **green beans** to the pan, stir-fry until slightly softened too, 3-4 mins. Stir in the **garlic**, **mustard seeds** and remaining **curry powder**, cook for 1 minute. Pour in the **passata**, **water** for the sauce (see ingredients for amount), **stock powder** and a pinch of **salt**, **pepper** and **sugar**. Bring to the boil, simmer until reduced by half, 6-8 mins.



3 ROAST THE CHICKEN

Heat a frying pan on medium-high heat (no oil!). Once hot, lay in the **chicken**, cook until golden, 3-4 mins each side. Transfer the **chicken** to a baking tray, roast on the top shelf of your oven until cooked, 18-20 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Once cooked, place the **chicken** on a board. Leave to rest for a couple of mins. Keep your pan for later!



6 FINISH AND SERVE

Add a splash of **water** to the **sauce** if you need to, then stir in the **butter** until melted. Taste and add more **salt** and **pepper** if you feel it needs it. Fluff up the **rice** with a fork and spoon into bowls. Pour any resting **juices** from the **chicken** into the **sauce** and stir. Reheat if you need to. Spoon the sauce on top of the **rice**. Thinly slice the **chicken** and place on top. Sprinkle over the remaining **coriander** and serve. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Coriander *	1 bunch	1 bunch	1 bunch
North Indian Style Curry Powder	1 pot	1½ pots	2 pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Chicken Breast *	2	3	4
Echalion Shallot *	1	1½	2
Garlic Clove *	2	3	4
Green Beans *	1 pack	1 pack	2 packs
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Yellow Mustard Seeds 9)	1 small sachet	¾ large sachet	1 large sachet
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Unsalted Butter 7) *	30g	45g	60g

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 484G	PER 100G
Energy (kJ/kcal)	3006 / 719	621 / 149
Fat (g)	26	5
Sat. Fat (g)	11	2
Carbohydrate (g)	71	15
Sugars (g)	8	2
Protein (g)	49	10
Salt (g)	1.39	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard

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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