



Korma Spiced Pork Pilaf and Mango Chutney

with Peas, Yoghurt and Toasted Almonds

Family 20 Minutes • Mild Spice

11



Garlic Clove



Basmati Rice



Flaked Almonds



Pork Mince



Chicken Stock
Paste



Korma Style
Paste



Peas



Mango Chutney



Greek Style
Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, saucepan, sieve, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Flaked Almonds 2)	15g	40g	40g
Pork Mince**	240g	360g	480g
Chicken Stock Paste	10g	15g	20g
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Peas**	120g	180g	240g
Mango Chutney	1 sachet	1½ sachets	2 sachets
Greek Style Natural Yoghurt**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	355g	100g
Energy (kJ/kcal)	3187 / 762	898 / 215
Fat (g)	31.1	8.8
Sat. Fat (g)	9.9	2.8
Carbohydrate (g)	84.3	23.7
Sugars (g)	20.2	5.7
Protein (g)	36.1	10.2
Salt (g)	2.88	0.81

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 9) Mustard

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

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).
- When boiling, pour the **water** into a large saucepan with **½ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Leave to the side until ready to serve.

2



Toasting Time

- Heat a large frying pan on medium heat (no oil).
- Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.
TIP: Watch them like a hawk as they can burn easily.
- Once toasted, transfer the **almonds** to small bowl.

3



Get Frying

- Pop the (now empty) frying pan back on medium-high heat (no oil).
- Once hot, add the **pork mince** and fry until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.
- Add the **garlic** and cook for 1 min more.

4



Make the Pilaf

- Lower the heat to medium.
- Stir the **cooked rice**, **chicken stock paste**, **korma style paste** and **peas** into the **pork** until well combined.

5



Finish Up

- Stir the **mango chutney** through your **pilaf**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.

6



Garnish and Serve

- When ready, share the **pork pilaf** between your bowls.
- Drizzle over the **yoghurt**.
- Finish with a sprinkle of the **toasted almonds** for those who'd like them.

Enjoy!