



DINNER - PEANUT BUTTER CHICKEN LUNCH - INDIAN SPICED LENTIL, BROCCOLI AND CHICKEN SALAD

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one shot, well done you!



Diced Chicken Thigh



Broccoli



North Indian Style Curry Powder



Jasmine Rice



Ginger



Garlic Clove



Lime



Vine Tomato



Lentils



Finely Chopped Tomatoes



Peanut Butter



Mango Chutney



Rocket

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 40 mins **LUNCH: 5 mins**

Dinner: 1 of your 5 **Lunch: 1 of your 5**

Little heat

A twist on the take-out classic, butter chicken, Chef Jesse has added peanut butter and broccoli to make a winning combination! As part of our “Dinner To Lunch” range, you can follow this indulgent dish with a light Spiced Chicken and Lentil Salad for lunch the next day. Cook once, eat twice!

BEFORE YOU START

🔥 **Preheat** your Oven to **200** | 🧼 **Wash** the Veggies. | 🍴 Make sure you've got two **Baking Trays**, **Saucepan** (with a **Lid**), **Fine Grater**, **Sieve** and **Large Saucepan**. Now, let's get cooking your **Dinner** and **Lunch**!



1 SPICE IT UP!

Chop the **broccoli** into florets (like small trees). Pop the **chicken** on a baking tray. Put the **broccoli** on another. Sprinkle the **curry powder** over both, then drizzle with **oil**. Season with **salt** and **pepper** and toss to coat.

Pop the **chicken** tray on the top shelf and the **broccoli** on the middle shelf of the oven. Roast until the **chicken** is cooked and the **broccoli** tender, 15-20 min. **🔴 IMPORTANT:** The chicken is cooked when no longer pink in the middle.



4 MAKE THE CURRY

Heat a splash of **oil** in a large saucepan over medium heat. Once hot, pop the **garlic** and **ginger** into the pan. Cook for 2 mins, stirring occasionally, then pour in the **finely chopped tomatoes**.

Bring to the boil, then reduce the heat and simmer until slightly reduced and thickened, 5 mins.

Add the **peanut butter** into the pan and stir to melt.



2 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) 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).



5 FINISH UP

Once everything in the oven is cooked, set aside 2 portions of the **chicken** and **broccoli** (this will be for your lunch).

Pop the remainder into the **curry base**, along with some of the **cooking juices**. Gently stir the **curry**, then season to taste with **salt** and **pepper**.

Fluff up the **rice** with a fork and divide it between your plates. Spoon the **peanut butter chicken curry** on top, pop a wedge of **lime** on the side. **Dig in!**



3 GET PREPARED

In the meantime, peel and grate your **ginger** and **garlic** (or use a garlic press). Zest and **half** the **lime**.

Chop the **tomato** into small pieces. Drain and rinse the **lentils** in a sieve.



6 LAST BIT!

Mix the **mango chutney** and **juice** from the remaining **lime** in a small bowl, add 1 tbsp **olive oil** person and season to taste with **salt** and **pepper**.

Pop the **lentils**, **tomatoes**, **lime zest**, **rocket** and remaining **broccoli** and **chicken** in a bowl. Toss to combine.

Divide the **dressing** between your lunch boxes and refrigerate. When ready to eat, mix together and enjoy hot or cold! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Diced Chicken Thigh *	560g	700g	840g
Broccoli *	1	1½	2
North Indian Style Curry Powder	1 pot	1½ pots	2 pots
Water*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Ginger *	1 piece	1½ pieces	2 pieces
Garlic Clove *	1	2	2
Lime *	1	2	2
Vine Tomato	2	2	2
Lentils	1 carton	1 carton	1 carton
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Peanut Butter 1)	1 sachet	1½ sachets	2 sachets
Mango Chutney	1 sachet	1 sachet	1 sachet
Rocket *	1 bag	1 bag	1 bag

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 544G	PER 100G
Energy (KJ/kcal)	2989/ 713	550/ 131
Fat (g)	21	4
Sat. Fat (g)	4	1
Carbohydrate (g)	74	14
Sugars (g)	10	2
Protein (g)	54	10
Salt (g)	0.76	0.14
LUNCH	PER SERVING: 491G	PER 100G
Energy (KJ/kcal)	1742/ 415	355/ 84
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	25	5
Sugars (g)	15	3
Protein (g)	47	10
Salt (g)	0.82	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut

🧼 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.

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