



Quick Butter Chicken Masala

with Mustard Seed Green Beans and Ginger Rice

Rapid 20 Minutes • Medium Spice

16



-  Ginger
-  Basmati Rice
-  Diced Chicken Thigh
-  Garlic Clove
-  Green Beans
-  Tomato Puree
-  North Indian Style Spice Mix
-  Chicken Stock Paste
-  Mustard Seeds
-  Double Cream
-  Unsalted Butter
-  Diced Chicken Breast

Pantry Items
Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.
Happy cooking!

Before you start

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

Cooking tools

Kettle, saucepan, sieve, lid, frying pan, grater, garlic press and aluminium foil.

Ingredients

	2P	3P	4P
Ginger**	1	1	2
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Double Cream** 7)	75g	150g	150g
Unsalted Butter** 7)	30g	45g	60g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	348g	100g
Energy (kJ/kcal)	3535 /845	1016 /243
Fat (g)	46	13
Sat. Fat (g)	23	7
Carbohydrate (g)	69	20
Sugars (g)	6	2
Protein (g)	39	11
Salt (g)	1.15	0.33
Custom Recipe	Per serving	Per 100g

for uncooked ingredient	348g	100g
Energy (kJ/kcal)	3218 /769	925 /221
Fat (g)	35	10
Sat. Fat (g)	21	6
Carbohydrate (g)	69	20
Sugars (g)	6	2
Protein (g)	44	11
Salt (g)	1.15	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

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Cook the Rice

- Boil a full kettle.
- Peel and halve the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.
- When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and **half the ginger** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, add the **chicken** and season with **salt** and **pepper**. Stir-fry until golden brown, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- While the **chicken** cooks, grate the remaining **ginger**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Simmer and Spice

- Once the **chicken** has browned, add the **tomato puree**, **North Indian style spice mix**, **grated ginger** and **half the garlic**.
- Stir together, then pour in the **sugar** and **water for the sauce** (see ingredients for both amounts). Stir in the **chicken stock paste**.
- Bring to the boil and simmer until reduced by half, 3-5 mins.



Bring on the Beans

- While everything cooks, heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.
- Stir in the **mustard seeds** and remaining **garlic** and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Drain, then remove from the heat and keep covered.



Finish the Curry

- Once the **sauce** has reduced, stir in the **cream**.
- Bring to the boil, then stir in the **butter** until melted. Remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Taste and add **salt** and **pepper** if needed.



Serve

- Remove the **ginger** from the **rice** and spoon the **rice** into bowls.
- Top with the **curry** and scatter over the **mustard seed green beans**.

Enjoy!