

Speedy Zanzibar Chicken Curry

with Steamed Basmati Rice

BALANCED 20 Minutes • Medium Heat • 1 of your 5 a day







Diced Chicken Thigh Baby Corn



Green Beans

Red Pepper





Tomato Puree



Chicken Stock Powder Steamed Basmati Rice



Half Fat Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Large Frying Pan and Measuring Jug.

Ingredients

9.04.00			
	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Baby Corn**	1 pack	1½ packs	2 packs
Green Beans**	1 small pack	¾ large pack	1 large pack
Red Pepper**	1	1	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Zanzibar Curry Spice Mix 9)	1 small pot	¾ large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
Half Fat Crème Fraîche 7) **	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	473g	100g
Energy (kJ/kcal)	2241 /536	474/113
Fat (g)	22	5
Sat. Fat (g)	8	2
Carbohydrate (g)	46	10
Sugars (g)	8	2
Protein (g)	37	8
Salt (g)	1.07	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

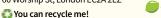
Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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Packed in the UK



1. Start the Curry

- a) Heat a splash of oil in a large frying pan over medium-high heat.
- b) When hot, add the diced chicken thigh and brown all over, stirring occasionally.
- c) This will take around 3-4 mins.



2. Prep Time

- a) Meanwhile, chop the baby corn in half widthways.
- b) Trim the green beans and chop into thirds.
- c) Halve the pepper and discard the core and seeds. Chop into 1cm pieces.



3. Spice It Up

- a) Add the baby corn, beans, pepper, tomato puree and Zanzibar curry powder to the chicken. Stir and cook until fragrant, 2 mins.
- **b)** Stir in the **water** (see ingredients for amount) and chicken stock powder and bring to a simmer.



4. Simmer The Curry

a) Cover the pan with a lid or foil and simmer until the veg are tender and the chicken is cooked though, 4-5 mins. IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



5. Cook The Rice

- a) Cook the rice according to the pack instructions.
- b) Meanwhile, stir the half fat creme fraiche into the **curry** and gently heat through until piping hot.



6. Finish and Serve

- a) Divide the rice between your bowls.
- b) Spoon your curry on top of your rice. Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • High Protein

Featured Ingredient: Red Peppers, are a source of Vitamin C, which acts as an antioxidant that contributes to the protection of cells from oxidative stress.