



Ultimate Creamy Chicken Korma and Basmati Rice with Roasted Pepper & Shallot Topping and Buttery Naan

36

Ultimate 35-40 Minutes • Mild Spice • 1 of your 5 a day



Basmati Rice



Garlic Clove



Bell Pepper



Echalion Shallot



Tomato Puree



Korma Style Paste



Diced Chicken Breast



Chicken Stock Paste



Green Chilli



Creme Fraiche



Cashew Butter



Plain Naan Breads

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Saucepan, lid, garlic press and baking tray.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Echalion Shallot**	1	2	2
Tomato Puree	30g	45g	60g
Korma Style Paste 9)	50g	75g	100g
Diced Chicken Breast**	260g	390g	520g
Chicken Stock Paste	10g	15g	20g
Green Chilli**	½	¾	1
Crema Fraiche** 7)	75g	120g	150g
Cashew Butter 2)	30g	45g	60g
Plain Naan Breads 7) 13)	2	3	4

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4994 /1194	891 /213
Fat (g)	42.3	7.5
Sat. Fat (g)	16.1	2.9
Carbohydrate (g)	143.2	25.5
Sugars (g)	18.1	3.2
Protein (g)	55.2	9.9
Salt (g)	3.91	0.70

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

Allergens

2) Nuts 7) Milk 9) Mustard 13) Cereals containing gluten

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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Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Simmer and Spice

While the **veg** roasts, heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **garlic**, **tomato puree** and **korma style paste**. Cook until fragrant, 2-3 mins.

Stir in the **chicken**, **chicken stock paste**, **sugar** and **water for the curry** (see pantry for both amounts). Bring to the boil, then turn the heat down and cover with a lid.

Simmer until the **chicken** is cooked and the **sauce** has thickened, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds. Cut into 1cm chunks.

Halve, peel and thinly slice the **shallot**.



Curry Up

Meanwhile, halve the **chilli** lengthways, deseed, then finely chop.

Remove the lid from the **curry** and stir in the **crema fraiche** and **cashew butter** until well combined. Bring to the boil, then simmer for 2-3 mins more.

Meanwhile, pop the **naans** onto a baking tray. Spread over the **butter** (see pantry for amount) and pop into the oven to warm through, 2-3 mins.



Get Roasting

Pop the **pepper** and **shallot** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Finish and Serve

When everything's ready, taste and season your **curry** with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

Share the **rice** between your bowls and top with your **ultimate creamy chicken korma**.

Spoon over the **shallot and pepper topping**, then finish with a sprinkle of **green chilli** (careful, it's hot).

Serve your **buttery naans** alongside.

Enjoy!