



One-pot Curried Chicken Rice

with broccoli and mint raita

Calorie Smart 30-35 mins

16



Diced Chicken Breast



Rice



Korma Curry Paste



Yoghurt



Mint



Carrot



Chicken Stock



North Indian Style Spice Mix



Cashew Nuts



Broccoli

Pantry Items: Water, Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Rice	150 g	300 g
Korma Curry Paste	1 sachet	2 sachets
Yoghurt	150 g	300 g
Mint	5 g	10 g
Carrot	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
North Indian Style Spice Mix	2 sachets	4 sachets
Cashew Nuts	10 g	20 g
Broccoli	1 unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	523.5 g	100 g
Energy (kJ/kcal)	2610.8 kJ/ 624 kcal	498.7 kJ/ 119.2 kcal
Fat (g)	12.3 g	2.3 g
Sat. Fat (g)	3.8 g	0.7 g
Carbohydrate (g)	81.9 g	15.6 g
Sugars (g)	15.6 g	3 g
Protein (g)	46.3 g	8.8 g
Salt (g)	2.6 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

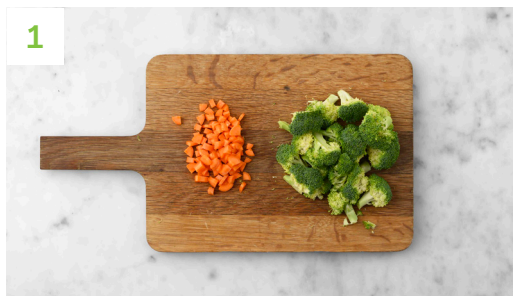
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

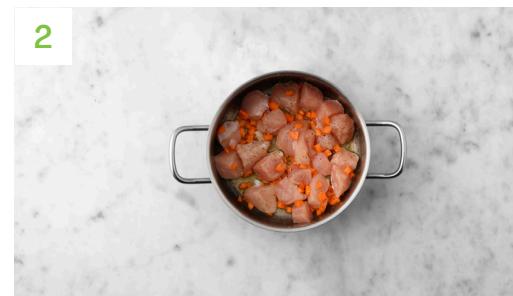


You can recycle me!



Get Prepped

- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.



Brown the Chicken

- Place a large pot with a tight-fitting lid over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **carrot** and season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside 4-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



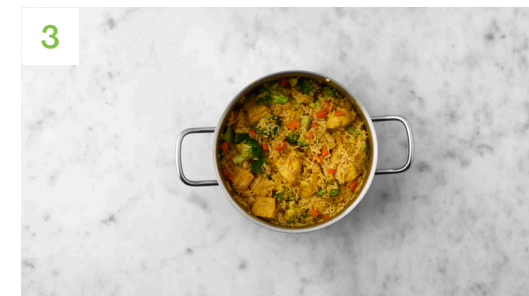
Make the Mint Raita

- Meanwhile, pick the **mint** leaves from their stalks and roughly chop (discard the stalks).
- Mix with the **yoghurt**.
- Season to taste with **salt** and **pepper**.



Finishing Touches

- Once ready, fluff up the **rice** with a fork. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **cashews**.



Add Some Spice

- Add the **North Indian spice mix** and **korma curry paste** and fry until fragrant, 1-2 mins.
- Add the **broccoli** and **rice** to the pot and mix well to combine.
- Pour in 400ml **water** and ½ tsp **salt** (double both for 4p) along with the **chicken stock powder**.
- Cover with the lid and cook for 10 mins.
- Remove the pot from the heat and keep covered for another 10 mins.



Garnish and Serve

- Divide your one-pot curried **chicken rice** between plates or bowls.
- Scatter the **cashews** over the top.
- Serve the cooling **mint raita** alongside.

Enjoy!