



Chicken Korma Style Curry

with broccoli and rice

30-35 mins

2



Diced Chicken Breast



Korma Curry Paste



Chicken Stock



Coconut Milk



Onion



Rice



Broccoli



North Indian Style
Spice Mix

Pantry Items: Oil, Salt, Pepper, Water, Sugar

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

Pan with lid, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Korma Curry Paste	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Onion	1 unit	2 units
Rice	150 g	300 g
Broccoli	1 unit	1 unit
North Indian Style Spice Mix	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	506 g	100 g
Energy (kJ/kcal)	2879 kJ/ 688 kcal	569 kJ/ 136 kcal
Fat (g)	23.4 g	4.8 g
Sat. Fat (g)	15.9 g	3.1 g
Carbohydrate (g)	76.1 g	15.8 g
Sugars (g)	10.7 g	2.4 g
Protein (g)	43.6 g	8.5 g
Salt (g)	2.4 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

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Onion

- Once the **chicken** has browned, add the **onion** and cook, stirring occasionally, until softened, 3-4 mins.
- When the **onion** has softened, add the **North Indian spice mix, korma curry paste, stock powder** and 150ml **water** (double for 4p).
- Give everything a good stir to combine.



Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Cut the **broccoli** into florets (like small trees). Halve any larger florets.



Simmer the Sauce

- Stir the **broccoli** into the sauce.
- Bring to the boil, cover the pan with a lid or some foil and simmer until **broccoli** is tender and **chicken** is cooked through, stirring occasionally, 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add the **coconut milk** and stir until completely mixed.
- Season to taste with **salt, pepper** and **sugar**.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



Cook the Chicken

- Place a large pan over medium heat with a drizzle of **oil**.
- Once the pan is hot, add the **chicken** and fry until browned on all sides, shifting occasionally, 6-8 mins. **IMPORTANT:** Wash hands after handling raw chicken and its packaging.
- Season with **salt** and **pepper**.

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



Finish and Serve

- Divide the fluffy **rice** between plates.
- Top with the **chicken** korma curry.

Enjoy!