



Creamy Cashew Chicken

with fragrant pilau rice

Family Quick Cook 20-25 mins • Equipment needed

3



Diced Chicken Breast



Rice



Cashew Nuts



North Indian Style Spice Mix



Passata



Vegetable Stock



Ground Turmeric



Coriander



Onion



Creme Fraiche

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



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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

Blender, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Rice	150 g	300 g
Cashew Nuts	20 g	40 g
North Indian Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Ground Turmeric	1 sachet	2 sachets
Coriander	5 g	10 g
Onion	1 unit	2 units
Crema Fraiche	220 g	440 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	489.7 g	100 g
Energy (kJ/kcal)	3572 kJ/ 854 kcal	729 kJ/ 174 kcal
Fat (g)	37.1 g	7.6 g
Sat. Fat (g)	18.6 g	3.8 g
Carbohydrate (g)	84.9 g	17.3 g
Sugars (g)	13.2 g	2.7 g
Protein (g)	41.2 g	8.4 g
Salt (g)	1.9 g	0.4 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.

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Make the Pilau

- Add 300ml **water** (double for 4p), **turmeric** and **stock powder** to a pot over medium-high heat.
- Bring to the boil then add the **rice**.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

- Season the curry to taste with **salt**, **pepper** and **sugar**.
- Roughly chop the **coriander** (stalks and all).
- Fluff up the pilau **rice** with a fork and serve alongside the creamy **chicken** curry.
- Finish with a sprinkling of **coriander**.

Enjoy!



Cook the Chicken

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Fry until golden brown on the outside, 5-7 mins.
- Meanwhile, halve, peel and chop the **onion** into small pieces.

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



Simmer the Sauce

- Add the **onion**. Fry until softened, 3-4 mins. Season with **salt** and **pepper**.
- Blend the **cashews** and **creme fraiche** together until almost smooth.
- Add the **North Indian spice mix** to the pan. Cook until fragrant, 1 min.
- Pour in the **passata**, **cashew** mixture, ½ tsp **sugar** (double for 4p) and a knob of **butter**.
- Cook for 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: If you don't have a blender, finely chop the cashews instead!