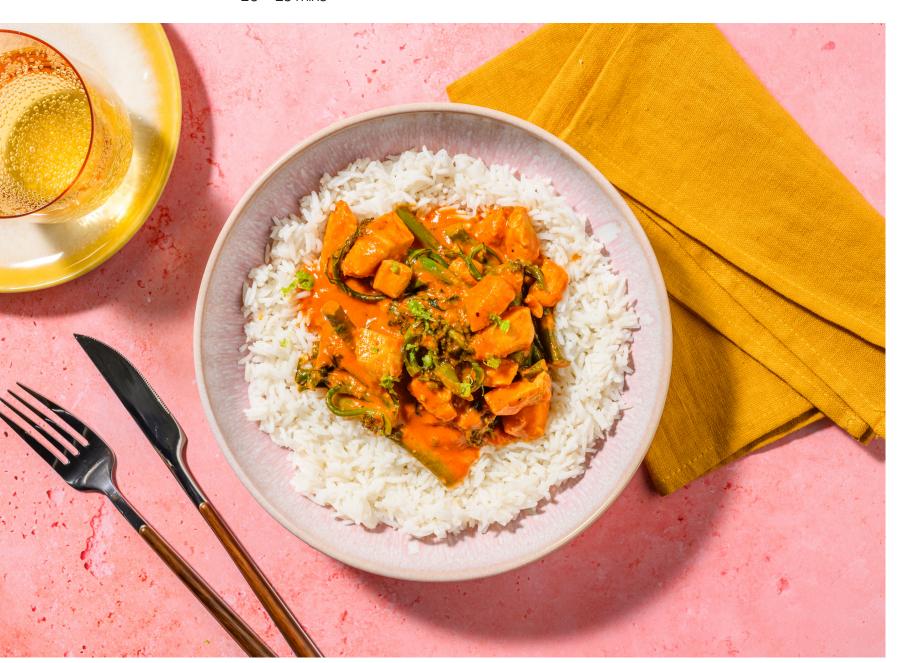


Mango Chicken Curry with coriander and green veg

20 – 25 mins







Diced Chicken Breast







Shallot









Creme Fraiche



Coriander



Mango Chutney

Pantry Items: Salt, Pepper, Oil, Water



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2024-W43

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

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Curry Powder	2 sachets	4 sachets
Shallot	1 unit	2 units
Broccolini	150 g	300 g
Stock	1 sachet	2 sachets
Garlic	2 units	4 units
Creme Fraiche	110 g	220 g
Rice	150 g	300 g
Coriander	5 g	10 g
Mango Chutney	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	396.5 g	100 g
Energy (kJ/kcal)	2724 kJ/ 651 kcal	687 kJ/ 164 kcal
Fat (g)	18.5 g	4.7 g
Sat. Fat (g)	9.5 g	2.4 g
Carbohydrate (g)	80 g	20.2 g
Sugars (g)	14 g	3.5 g
Protein (g)	43.6 g	11 g
Salt (g)	0.6 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Boil the Rice

- Pour 300ml cold **salted water** (per 2P) 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, cover, and cook for 10 mins.
- Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).



Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of oil.
- Add the chicken and season with salt and pepper.
- Cook until the chicken is browned, 5-6 mins.
 IMPORTANT: Wash hands after handling raw chicken and its packaging.
- Once the chicken is browned, add the shallot and cook until softened, stirring frequently, 3-4 mins.

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



Simmer the Curry

- Add the garlic and curry powder and stir to coat the chicken. Cook for 1 min.
- Pour in 100ml water (per 2P) along with the stock.
- Add the broccolini, bring to the boil, then reduce the heat to medium.
- Cover the pan with a lid or some foil.
- Simmer until the **broccolini** tender, 5-7 mins.



Finishing Touches

- Once the broccolini is tender and the chicken is cooked, remove the lid from the pan and stir in the creme fraiche and chutney. IMPORTANT: Chicken is cooked when no longer pink in the middle.
- Bring to the boil, then remove from the heat.
- Stir through half the coriander.
- Taste and season with **salt** and **pepper** if desired.



Dish Up

- Fluff up the rice with a fork and divide between bowls.
- Top with the **chicken** curry.
- · Finish with a sprinkling of the remaining coriander.

Enjou!