



Coconut Chicken Curry

with lentils and coriander cauliflower rice

Calorie Smart 30-35 mins • Optional spice

16



Diced Chicken Breast



Lentils



Garam Masala



Coconut Milk



Coriander



Chilli



Cauliflower



Onion



Garlic



Tomato

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, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Lentils	1 pack	2 packs
Garam Masala	2 sachets	4 sachets
Coconut Milk	1 pack	2 packs
Coriander	5 g	10 g
Chilli	1 unit	2 units
Cauliflower	1 unit	2 units
Onion	1 unit	2 units
Garlic	2 units	4 units
Tomato	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	720 g	100 g
Energy (kJ/kcal)	2472.7 kJ/ 591 kcal	343.4 kJ/ 82.1 kcal
Fat (g)	21.7 g	3 g
Sat. Fat (g)	15.4 g	2.1 g
Carbohydrate (g)	42.2 g	5.9 g
Sugars (g)	27.9 g	3.9 g
Protein (g)	52.1 g	7.2 g
Salt (g)	2.5 g	0.3 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.

Contact

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



You can recycle me!



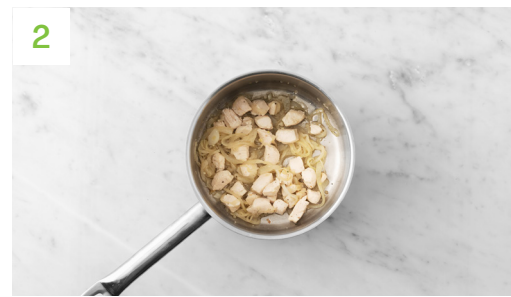
Get Prepped

- Halve, peel and thinly slice the **onion**. Cut the **tomato** into chunks.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Drain and rinse the **lentils**.
- Place a large pot over high heat with a drizzle of **oil**.



Make the Cauliflower Rice

- While the curry simmers, quarter the **cauliflower** and coarsely grate to make your **rice** (if you have a food processor, use this instead).
- Add a drizzle of **oil** and a knob of **butter** to a medium pan over medium-high heat.
- Roughly chop the **coriander** (stalks and all).
- When the pan is hot, cook the **cauliflower** until slightly softened, stirring regularly, 3-4 mins.
- Remove from the heat, add **half** the **coriander** and season to taste with **salt** and **pepper**.



Start the Sauce

- Once hot, fry **onion** until softened, stirring, 4-5 mins.
- Add **garlic** and fry until fragrant, stirring often, 1 min.
- Add **chicken** and season with **salt** and **pepper**. Cook until browned, stirring 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 due to vacuum packing used to keep it fresh and is normal. It will still be delicious once cooked!



Finishing Touches

- Once the **chicken** is cooked, stir the **coconut milk** and **lentils** into the curry.
- Simmer for 3-4 mins, until warmed through.
- Season to taste with **salt** and **pepper**.



Simmer the Curry

- Stir in the **garam masala**, **tomato**, **chilli** (use less if you don't like spice) and 75ml **water** (double for 4p).
- Bring to the boil then lower the heat and simmer gently until the sauce has thickened and the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Give it a stir every so often to prevent sticking.



Serve and Enjoy

- Spoon the **cauliflower rice** into one side of a bowl.
- Serve the **chicken** curry alongside.
- Top it all off with the remaining **coriander**.

Enjoy!