



Curried Chicken Thigh Traybake

with Cumin Roast Potatoes, Carrots and Green Beans

45

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



White Cumin Seeds



Carrot



Chicken Thigh



Korma Style Paste



Mango Chutney



Green Beans



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, kettle, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
White Cumin Seeds	1 sachet	1 sachet	1 sachet
Carrot**	2	3	4
Chicken Thigh**	4	6	8
Korma Style Paste 9)	50g	100g	100g
Mango Chutney	40g	60g	80g
Green Beans**	150g	200g	300g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	681g	100g	641g	100g
Energy (kJ/kcal)	3702/885	544/130	2827/676	441/105
Fat (g)	47.3	7.0	24.6	3.8
Sat. Fat (g)	9.7	1.4	3.0	0.5
Carbohydrate (g)	69.3	10.2	69.4	10.8
Sugars (g)	23.6	3.5	23.7	3.7
Protein (g)	49.8	7.3	46.7	7.3
Salt (g)	2.41	0.35	2.33	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, then season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Traybake

Pop the tray onto the middle shelf of your oven to bake until the **chicken** is cooked through and the **carrots** are tender, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Turn the **carrots** halfway through.

Meanwhile, in a small bowl, combine the **mango chutney** and **mayo** (see pantry for amount). Set aside for now.



Prep the Carrots

While the **potatoes** roast, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Put the **carrots** on one side of another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



Cook the Beans

Once everything's nearly ready, boil a half-full kettle. Trim the **green beans**.

Pour the **boiled water** into a saucepan with ½ **tsp salt** and heat on high.

Bring it back to the boil, then add the **beans** and cook until just tender, 4-6 mins. Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil**.



Flavour the Chicken

Next, lay the **chicken thighs** flat on the other side of the **carrot** tray (use two baking trays if necessary).

Drizzle with **oil**, season with **salt** and **pepper**, then spread the **korma style paste** over the **chicken**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, prep the recipe the same way, then roast for 25-30 mins instead.



Serve

When everything's ready, share the **curried chicken** and **roasted carrots** between your plates. Spoon over the **juices** from the tray, if you'd like.

Serve the **cumin roast potatoes** and **green beans** alongside with the **mango chutney mayo** on the side for dipping.

Enjoy!

CUSTOM RECIPE

Once roasted, cut the **chicken breasts** widthways into 2cm thick slices to serve.