



# Dinner: Creamy Chicken Korma

Lunch: Tandoori Chicken Burrito

Nº 20

**DINNER TO LUNCH** 45 Minutes • Medium Heat

**DINNER**



Onion



Lemon



Garlic Clove



Green Beans



Green Pepper



Red Onion



Coriander



Diced Chicken Thigh



Greek Yoghurt



Korma Curry Paste



Basmati Rice



Chicken Stock Powder



Baby Spinach



Mayonnaise



Tortilla Wraps

**LUNCH**

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan, Frying Pan and Baking Tray.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Lemon**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	2 small packs
Green Pepper**	1	1	1
Red Onion**	1	2	2
Coriander**	1 bag	1 bag	1 bag
Diced Chicken Thigh**	490g	630g	770g
Greek Yoghurt 7)**	150g	225g	300g
Korma Curry Paste 9)	2 sachets	3 sachets	3 sachets
Water for the Rice*	450ml	600ml	750ml
Basmati Rice	225g	300g	375g
Water for the Curry*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	1 large bag
Mayonnaise 8) 9)**	2 sachets	2 sachets	2 sachets
Tortilla Wraps 13)	4	4	4

\*Not Included \*\* Store in the Fridge

### Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredients	495g	100g
Energy (kJ/kcal)	3617/860	731/174
Fat (g)	42	9
Sat. Fat (g)	8	2
Carbohydrate (g)	77	15
Sugars (g)	11	2
Protein (g)	38	8
Salt (g)	2.42	0.49

Lunch	Per serving	Per 100g
for uncooked ingredients	492g	100g
Energy (kJ/kcal)	3002/716	610/146
Fat (g)	26	5
Sat. Fat (g)	6	1
Carbohydrate (g)	79	16
Sugars (g)	14	3
Protein (g)	39	8
Salt (g)	3.54	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 9) Mustard 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

60 Worship St, London EC2A 2EZ

You can recycle me!



## 1. Get Prepped

Halve, peel and thinly slice the **brown onion**. Halve the **lemon**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds. Halve the **pepper** and discard the core and **seeds**. Slice into thin strips. Halve and peel the **red onion** and cut into thin wedges. Roughly chop the **coriander** (stalks and all). Pop the **chicken** into a bowl with a third of the **yoghurt**, **half the korma paste**, a squeeze of **lemon juice** and a drizzle of **oil**, season with **salt** and **pepper**. Mix well and set aside. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



## 4. Grill the Pepper

While the chicken is grilling, add the **green beans** to the **curry** and cover with a lid (or some foil) and cook over medium heat until tender, 5-6 mins. Once the **chicken** is cooked, transfer to a plate. Pop the green **peppers** and **red onion** on the tray, drizzle with **oil** and season with **salt** and **pepper**. Spread out to a single layer and pop under the grill until browned, 3-6 mins.



## 2. Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid, stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam). Once cooked, stir **half** the **coriander** through the **rice**.



## 5. Dinner is Served!

Reserve 2 portions of the **chicken** then add the rest to the **curry**. Add the **spinach** a handful at a time and stir until wilted. Taste and season with more **salt** and **pepper** if you like. Stir the remaining **yoghurt** and add a splash of **water** if you like. Divide some of the **rice** between bowls (reserving the remainder for your lunch wraps) and serve the **curry** with it.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



## 3. Start the Curry

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **brown onion** and cook, stirring, until soft and golden, 6-8 mins. Add the remaining **korma paste** and **garlic** and cook, stirring, for 1 minute. Add the **water** (see ingredients for amounts) with the **chicken stock powder** and mix well. Simmer for 5 mins until slightly thickened. Meanwhile, preheat your grill to high and line a baking tray with foil. Lay the **chicken** and marinade out on the foil making sure it is spread out evenly. Grill until golden and slightly charred, 22-25 mins. Turn the **chicken** halfway. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

## LUNCH FOR TWO



## 6. Pack Your Lunch

When you're ready to pack your lunch, mix the **mayo** with the remaining **coriander**, a squeeze of **lemon juice** and season with **salt** and **pepper**. Lay the **wraps** between boards, divide the remaining **rice** between the **wraps**, top with the reserved **chicken** and divide the grilled **pepper** and **red onion** and spoon over the **yoghurt** and **coriander** mixture. Wrap in foil. Refrigerate. At lunchtime, enjoy cold. (Or for ultimate freshness, keep the fillings separate and assemble when you are ready to eat them).

## Enjoy!