



# Chicken and Spinach Curry with Basmati Rice and Mango Chutney

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day

16



Basmati Rice



Onion



Garlic Clove



Green Chilli



Korma Style Paste



Garam Masala



Diced Chicken Thigh



Tomato Passata



Chicken Stock Paste



Baby Spinach



Mnago Chutney



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Butter

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

## Cooking tools

Kettle, saucepan, sieve, lid, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	½	1	1
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Garam Masala	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3208/767	637/152
Fat (g)	28.9	5.7
Sat. Fat (g)	10.0	2.0
Carbohydrate (g)	86.8	17.2
Sugars (g)	22.5	4.5
Protein (g)	39.7	7.9
Salt (g)	3.45	0.69

Custom Recipe for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2892/691	574/137
Fat (g)	18.0	3.6
Sat. Fat (g)	7.2	1.4
Carbohydrate (g)	86.8	17.2
Sugars (g)	22.5	4.5
Protein (g)	45.1	9.0
Salt (g)	3.45	0.69

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.

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## Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Get Prepped

- While the **rice** cooks, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed, then finely chop.



## Fry the Onion

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion** and cook, stirring, until softened, 3-4 mins.



## Curry Up

- Stir in the **korma style paste**, **garam masala**, **garlic** and **half the green chilli** (careful, it's hot - add less if you'd prefer things milder). Cook, stirring, for 1 min.
- Stir in the **chicken**, **passata**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Bring to the boil and season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**
- Lower the heat slightly and simmer until thickened, 8-10 mins.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Add the Spinach

- Once thickened, add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.
- Simmer until the **sauce** has reduced slightly and the **chicken** is cooked through, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- Stir through the **mango chutney** and **butter** (see ingredients for amount).
- Taste and season with **salt** and **pepper** if needed.



## Serve

- Fluff up the **rice** with a fork, then divide between your bowls.
- Top with the **chicken curry**.
- Finish with a sprinkle of the remaining **green chilli**.

## Enjoy!