



# Jerk Style Chicken and Black Bean Curry with Basmati Rice

Rapid Eat Me Early • 20 Minutes • Little Spice • 2 of your 5 a day

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Basmati Rice



Diced Chicken Thigh



Onion



Green Pepper



Garlic Clove



Black Beans



Jerk Spice Mix



Coconut Milk



Chicken Stock Powder



Mango Chutney



Lime

## Before you start

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

## Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Wooden Spoon, Garlic Press, Colander, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	210g	350g	420g
Onion**	1	1	2
Green Pepper**	1	2	2
Garlic Clove	2	3	4
Black Beans	1 carton	1 carton	2 cartons
Jerk Spice Mix	1 pot	2 pots	2 pots
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	50ml	75ml	100ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Lime**	½	1	1

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	3487 /833	585 /140
Fat (g)	30	5
Sat. Fat (g)	19	3
Carbohydrate (g)	101	17
Sugars (g)	20	3
Protein (g)	38	6
Salt (g)	2.44	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Cook the Rice

**a)** Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt**.

**b)** When boiling, add the **rice** and cook for 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



## Cook the Chicken

**a)** Heat a drizzle of **oil** in a large frying pan or wide saucepan on high heat.

**b)** Once the **oil** is hot, add the **diced chicken thigh** and season with **salt** and **pepper**.

**c)** Stir-fry the **chicken** until browned all over, 3-4 mins.



## Do the Prep

**a)** While the **chicken** cooks, halve, peel and thinly slice the **onion**.

**b)** Halve the **pepper** and discard the core and seeds. Slice into thin strips and chop them into 3 pieces.

**c)** Peel and grate the **garlic** (or use a **garlic press**).

**d)** Drain and rinse the **black beans** in a colander.



## Cook the Veg

**a)** Once the **chicken** is browned, add the **pepper** and **onion** to the pan, stir together and cook until the **onion** is starting to soften, 4-6 mins.

**b)** Add the **garlic** and **jerk seasoning**, stir and cook for a minute.



## Simmer

**a)** Pour in the **coconut milk**, **water** (see ingredients for amount), **chicken stock powder** and **black beans**.

**b)** Add **half** the **mango chutney** to the **sauce** as well.

**c)** Bring to the boil and simmer until the **sauce** has reduced slightly, 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*

**d)** Meanwhile, zest and halve the **lime**.



## Serve

**a)** When the **curry** is cooked, remove from the heat and add a squeeze of **lime juice**.

**b)** Taste and add **salt**, **pepper** and **lime juice** if you feel it needs it.

**c)** Fluff up the **rice** and divide between your bowls. Spoon the **curry** over with a dollop of the **mango chutney**. Sprinkle on the **lime zest** and cut any remaining **lime** into **wedges** for squeezing over.

## 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.