



Chicken in Creamy Peanut Sauce with coriander and rice

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Cucumber



Peanut Butter



Yoghurt



Coriander



Onion



Tomato



Lime



North Indian
Style Spice Mix



Rice



Pantry Items: Oil, Salt, Pepper, Water

Before you start

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

Cooking tools you will need

Lid, Pot, Sieve, Pan with Lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Cucumber	½ unit	1 unit
Peanut Butter	1 sachet	2 sachets
Yoghurt	75 g	150 g
Coriander	5 g	10 g
Onion	1 unit	2 units
Tomato	1 unit	2 units
Lime	1 unit	2 units
North Indian Style Spice Mix	2 sachets	4 sachets
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	467 g	100 g
Energy (kJ/kcal)	2461.3 kJ/ 588.3 kcal	527 kJ/ 126 kcal
Fat (g)	13.6 g	2.9 g
Sat. Fat (g)	2.9 g	0.6 g
Carbohydrate (g)	74.9 g	16 g
Sugars (g)	9.4 g	2 g
Protein (g)	42.4 g	9.1 g
Salt (g)	0.4 g	0.1 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.



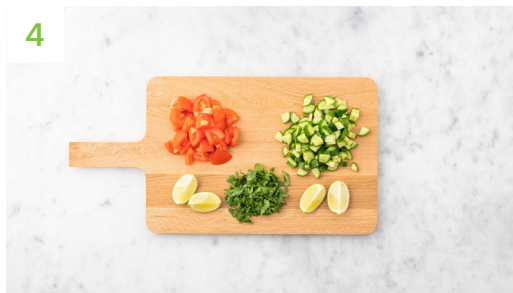
You can recycle me!



Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- Once boiling, add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



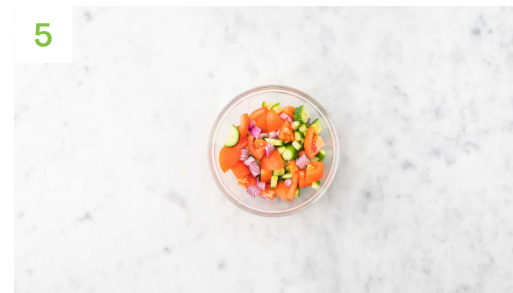
Prep the Veg

- Trim **half** the **cucumber** (double for 4p) then quarter lengthways. Chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Quarter the **lime**.
- Cut the **tomato** into 2cm chunks.



Fry the Chicken

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **chicken** and **half** the chopped **onion** to the pan with a pinch of **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Fry until **chicken** is golden brown on the outside, 6-8 mins.



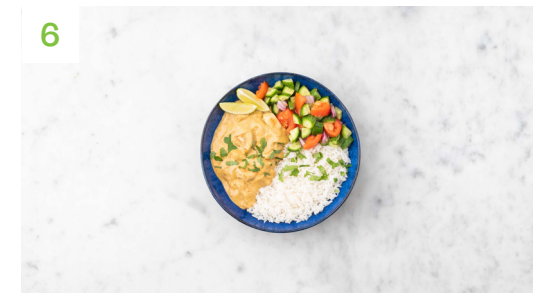
Assemble the Salad

- To a medium bowl add the **cucumber**, **tomato** and remaining chopped **onion**.
- Season to taste with **salt**, **pepper** and **lime** juice.
- Stir to combine.



Make the Sauce

- Add the **North Indian style spice mix** to the pan and fry for 1 min.
- Spoon in the **peanut butter** and 100ml **water** (double for 4p).
- Mix well and cover. Allow to simmer for 4-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Remove the pan from the heat and stir in the **yoghurt**. Season to taste with **salt** and **pepper**.



Garnish and Serve

- Serve the **chicken** with the salad and **rice**.
- Top with chopped **coriander** and any remaining **lime** wedges.

Enjoy!