



Chicken in Creamy Peanut Sauce

with coriander garnish and rice

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Cucumber



Peanut Butter



Yoghurt



Coriander



Onion



Rice



Tomato



Lime



North Indian Style Spice Mix



Chilli

Pantry Items: Oil, Salt, Pepper, Water

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Lid, pan with lid, pot

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
Rice	150 g	300 g
Tomato	1 unit	2 units
Lime	1 unit	2 units
North Indian Style Spice Mix	2 sachets	4 sachets
Chilli	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	474.5 g	100 g
Energy (kJ/kcal)	2485.3 kJ/ 594 kcal	523.8 kJ/ 125.2 kcal
Fat (g)	13.7 g	2.9 g
Sat. Fat (g)	2.9 g	0.6 g
Carbohydrate (g)	76.3 g	16.1 g
Sugars (g)	9.9 g	2.1 g
Protein (g)	42.8 g	9 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.

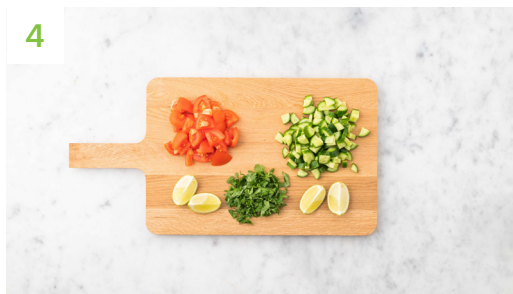


You can recycle me!



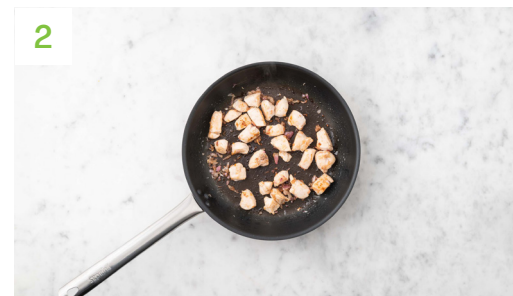
Cook the Rice

1. Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
2. Stir in the **rice** and bring to the boil.
3. Once boiling, lower the heat to medium, cover, and cook for 10 mins.
4. Remove from the heat and leave aside for 10 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



Prep the Veg

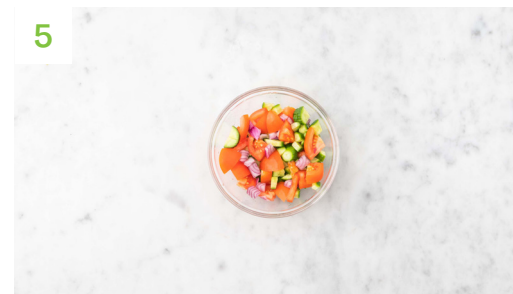
1. While the sauce simmers, trim **half the cucumber** (double for 4p) then quarter lengthways. Chop widthways into small pieces.
2. Roughly chop the **coriander** (stalks and all).
3. Chop the **lime** into 4 wedges.
4. Cut the **tomato** into 2cm chunks.



Fry the Chicken

1. Halve **chilli** lengthways. Discard core and seeds. Finely chop.
2. Halve, peel and chop **onion** into small pieces.
3. Place a large pan over medium-high heat with a drizzle of **oil**.
4. Add **chicken** and **half the onion** along with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Fry until chicken is golden brown, 6-8 mins.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing used to keep it fresh.



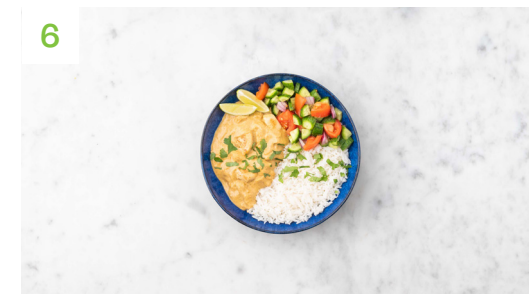
Assemble the Salad

1. To a medium bowl add the chopped **cucumber**, **tomato** and remaining chopped **onion**.
2. Season to taste with **salt**, **pepper** and **lime** juice then stir together.



Make the Sauce

1. When the **chicken** has browned, add the **chilli** (use less if you don't like spice) and **North Indian spice mix** to the pan and fry for 1 min.
2. Spoon in the **peanut butter** along with 100ml **water** (double for 4p).
3. Mix well and cover. Simmer for 4-6 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
4. Remove the pan from the heat and stir in the **yoghurt**.
5. Allow to warm through then taste and season with **salt** and **pepper**.



Garnish and Serve

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

Enjoy!