



Chicken Korma Style Curry

with broccoli and rice

Classic 30-35 mins

2



Diced Chicken Breast



Chicken Stock



Rice



Creme Fraiche



Onion



Korma Curry Paste



Broccoli



Pantry Items: Oil, Salt, Pepper, Water, Sugar

Before you start

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

Cooking tools you will need

Lid, Medium Pot

Ingredients

| | 2P | 4P |
|----------------------|----------|-----------|
| Diced Chicken Breast | 260 g | 520 g |
| Chicken Stock | 1 sachet | 2 sachets |
| Rice | 150 g | 300 g |
| Creme Fraiche | 62.5 g | 125 g |
| Onion | 1 unit | 2 units |
| Korma Curry Paste | 1 sachet | 2 sachets |
| Broccoli | 1 unit | 1 unit |

Nutrition

| | Per serving | Per 100g |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 443.2 g | 100 g |
| Energy (kJ/kcal) | 2648.7 kJ/ 633 kcal | 597.6 kJ/ 142.8 kcal |
| Fat (g) | 19.2 g | 4.3 g |
| Sat. Fat (g) | 9.5 g | 2.1 g |
| Carbohydrate (g) | 72.5 g | 16.3 g |
| Sugars (g) | 9.1 g | 2.1 g |
| Protein (g) | 42.6 g | 9.6 g |
| Salt (g) | 2.4 g | 0.5 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

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Make the Rice

- Boil 300ml **water** (double for 4p) in a medium pot.
- When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop on a lid.
- Leave to cook for 10 mins, then remove from the heat (still covered).
- Leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.



Cook the Chicken

- Place a large pan over medium heat with a drizzle of **oil**.
- Once pan is hot, add the diced **chicken** pieces and fry until browned on all sides, turning occasionally, 6-8 mins. **IMPORTANT:** Wash your hands after handling raw meat.
- Season with **salt** and **pepper**.



Start Your Curry

- Once the **chicken** is browned, add the **onion** and cook until softened, 3-4 mins. Stir occasionally.
- When **onion** has softened, add the **korma curry paste**, **stock** and 75ml **water** (double for 4p).
- Stir to combine.
- Add half the **creme fraiche** (double for 4p) and stir until fully mixed.



Simmer the Sauce

- Stir in the **broccoli**.
- Bring to the boil and simmer until **broccoli** is tender and **chicken** is cooked through, 4-5 mins, stirring occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Season to taste with **salt**, **pepper**, and **sugar**.



Serve Up

- Divide the **rice** between plates.
- Top with the **chicken** korma curry.

Enjoy!