



# Chicken Korma Style Curry

with broccoli and rice

30-35 mins

1



Diced Chicken Breast



Chicken Stock



Creme Fraiche



Onion



Korma Curry Paste



Broccoli



Rice



North Indian Style Spice Mix

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

## 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, Medium Pot

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Chicken Stock	1 sachet	2 sachets
Creme Fraiche	65 g	125 g
Onion	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Rice	150 g	300 g
North Indian Style Spice Mix	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	443.2 g	100 g
Energy (kJ/kcal)	2626.7 kJ/ 627.8 kcal	592.6 kJ/ 141.6 kcal
Fat (g)	19.2 g	4.3 g
Sat. Fat (g)	9.5 g	2.1 g
Carbohydrate (g)	71.9 g	16.2 g
Sugars (g)	9.4 g	2.1 g
Protein (g)	41.8 g	9.4 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 cover with 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 the pan is hot, add the **diced chicken** and fry until browned on all sides, turning occasionally, 6-8 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.
- 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 the **onion** has softened, add the **North Indian Spice Mix**, **korma curry paste**, **stock** and 100ml **water** (double for 4p).
- Stir to combine.



### Simmer the Sauce

- Stir the **broccoli** into the sauce.
- Bring to the boil, cover the pan with a lid or some foil and simmer until **broccoli** is tender and **chicken** is cooked through, stirring occasionally, 5-6 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add the **creme fraiche** and stir until completely mixed.
- Season to taste with **salt**, **pepper** and **sugar**.



### Serve Up

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

**Enjoy!**