



# Creamy Cashew Chicken

with fragrant pilau rice

Family Quick Cook 20-25 mins • Eat me first

6



Cream



Diced Chicken Breast



Rice



Cashew Nuts



North Indian Style Spice Mix



Passata



Vegetable Stock



Ground Turmeric



Coriander



Onion

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

Food Processor, Lid, Pot

## Ingredients

	2P	4P
Cream	250 g	500 g
Diced Chicken Breast	260 g	520 g
Rice	150 g	300 g
Cashew Nuts	20 g	40 g
North Indian Style Spice Mix	1 sachet	2 sachets
Passata	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Ground Turmeric	1 sachet	2 sachets
Coriander	5 g	10 g
Onion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>507.7 g</b>	<b>100 g</b>
Energy (kJ/kcal)	4524.1 kJ/ 1081.3 kcal	891.1 kJ/ 213 kcal
Fat (g)	66.8 g	13.2 g
Sat. Fat (g)	4.6 g	0.9 g
Carbohydrate (g)	78.3 g	15.4 g
Sugars (g)	8.5 g	1.7 g
Protein (g)	36.9 g	7.3 g
Salt (g)	1.6 g	0.3 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!



### Make the Pilau

- Place a medium pot over medium-high heat with a drizzle of **oil**.
- Add the **rice** and **turmeric** and fry for 2-3 mins.
- Add 300ml **water** (double for 4p) and **stock** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



### Finish and Serve

- Roughly chop the **coriander** (stalks and all).
- Fluff up the pilau with a fork and serve alongside the curry.
- Top with a sprinkling of **coriander**.

## Enjoy!



### Cook the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Fry until golden brown on the outside, 5-7 mins.
- Meanwhile, halve, peel and chop the **onion** into small pieces.



### Blend the Sauce

- Add the **onion** to the **chicken** and fry for 3-4 mins.
- Blend the **cashews** and **cream** in a food processor until almost smooth (be careful not to overwhip the cream).
- Add the **North Indian style spice** mix to the **chicken** and cook for 1 min.
- Pour in the **passata** and creamy **cashew** mixture and allow to cook for 5-7 mins.
- Season to taste with **salt**, **pepper** and **sugar**.