



FOR the
Little ONES

FRESH
VEGGIES



PAPADUMS

CHICKEN, SAUCE, RICE
& YOGHURT



CHICKEN KORMA CURRY

Creamy and full of flavour, this Chicken Korma Curry is a family-friendly classic. Served with basmati rice and crispy papadums, it's a comforting dinner everyone will love!



35 MINUTES



4/6 SERVINGS



CHICKEN

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 47g | 96g | 122g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|----------------------|----------|-------------|
| BASMATI RICE | 300g | 300g + 150g |
| BROWN ONION | 1 | 1 |
| GREEN CAPSICUM | 1 | 2 |
| TOMATOES | 2 | 3 |
| DICED CHICKEN THIGHS | 600g | 600g + 300g |
| KORMA CURRY PASTE | 1 sachet | 2 sachets |
| COCONUT MILK | 400ml | 400ml |
| ALMOND MEAL | 40g | 40g |
| PAPADUMS | 1 packet | 1 packet |

FROM YOUR PANTRY

oil for cooking, ground cumin, ground cardamom

COOKING TOOLS

saucepan, large pan

Want to spice it up? Try adding fresh chilli, chilli flakes or a pinch of garam masala at the end!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **basmati rice** in a saucepan and cover with **600ml water**. Bring to a boil, cover, then reduce heat to low. Cook for 10–15 minutes or until water is absorbed.

6P – cover rice with 900ml water.



4. SIMMER THE CURRY

Season with **1 tsp cumin** and **1/2 tsp cardamom**. Stir in **curry paste**, **coconut milk** and **almond meal**. Combine, reduce heat to medium and simmer (un-covered) for 10 minutes or until cooked through.

6P – add 1/2 tin water.



2. PREPARE THE VEGGIES

Peel and dice **brown onion**. Chop **green capsicum** and **tomatoes**.

tip You can serve the capsicum and tomatoes fresh if preferred!



3. COOK CHICKEN & VEGGIES

Heat a large frypan with **oil** over medium-high heat. Add **chicken** and cook for 3–4 minutes until lightly golden. Add **prepared vegetables** and cook for 4–5 minutes until softened.

tip Add any other veggies such as zucchini, sweet potato or beans!



5. PREPARE THE PAPADUMS

Meanwhile, cook the **papadums** according to the packet instructions.



6. FINISH AND SERVE

Serve **chicken korma** with **basmati rice** and crispy **papadums**.

tip Top with yoghurt to cool things down, or some fresh coriander or a squeeze of lime for extra zing!