



Double Chicken Korma, Coconut Rice and Flaked Almonds

with Hidden Veg: Carrot and Sweet Potato

Blender Needed

Preparation time : 35 min.



- | | |
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|  |  |
| Sweet Potato | Carrot |
|  |  |
| Basmati Rice | Desiccated Coconut |
|  |  |
| Diced British Chicken Breast | Spring Onion |
|  |  |
| Creme Fraiche | Korma Curry Paste |
|  |  |
| Chicken Stock Paste | Toasted Flaked Almonds |
|  |  |
| Water for the Rice | Water for the Curry |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/double-chicken-korma-coconut-rice-and-flaked-almonds-432>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Saucepan, Lid, Bowl, Pan, Blender

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	1	2	2
Carrot (unit(s))	1	2	2
Basmati Rice (grams)	150	225	300
Desiccated Coconut (grams)	15	30	30
Diced British Chicken Breast (grams)	480	780	960
Spring Onion (unit(s))	1	2	2
Creme Fraiche (grams)	150	225	300
Korma Curry Paste (grams)	50	100	100
Chicken Stock Paste (grams)	10	15	20
Toasted Flaked Almonds (grams)	15	25	30
Water for the Rice (milliliter(s))	300	450	600
Water for the Curry (milliliter(s))	100	150	200

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	4552 kJ
Energy (kcal)	1088 kcal
Fat	44.5 g
of which saturates	22.3 g
Carbohydrate	101.8 g
of which sugars	18.5 g
Dietary Fibre	11.3 g
Protein	71.8 g
Salt	2.73 g

Allergens

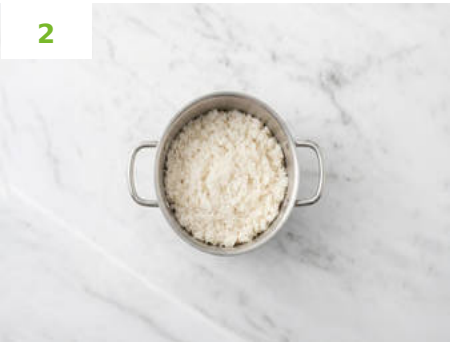
Mustard, Milk, Pecan Nuts, May contain traces of allergens, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Almonds, Cashew nuts, Walnuts, Nuts

Always check the product labels for allergen information.



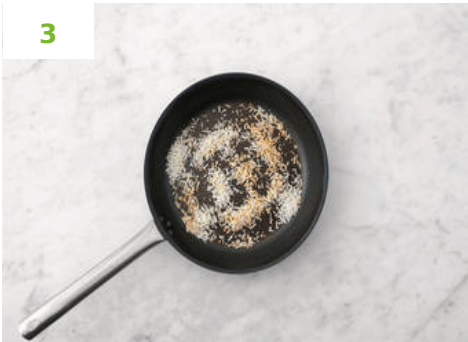
Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potato** into 2cm chunks (no need to peel). Trim the **carrot** (no need to peel). Cut into roughly 1cm wide, 5cm long batons. Pop the **sweet potato** and **carrot** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



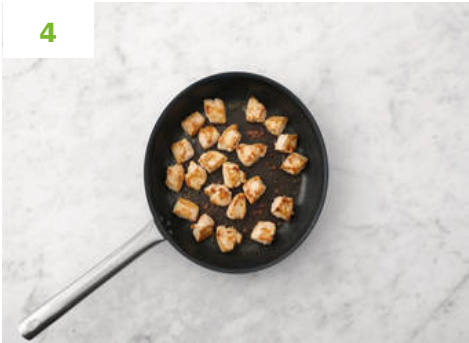
Boil the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ **tsp salt** 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 pan 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).



Toast the Coconut

Meanwhile, heat a large frying pan on medium-high heat (no oil). Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch it like a hawk as it can burn easily. Transfer to a bowl, then give the pan a quick wipe and return to a medium-high heat with a drizzle of **oil**.



Fry the Chicken

Once the **oil** is hot, add the **chicken** to the pan and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Blend the Sauce

Meanwhile, trim and thinly slice the **spring onion**. When the **sweet potato** and **carrot** have roasted, add to a blender with the **creme fraiche** and **water for the curry** (see pantry for amount) and blend until smooth. Stir the **blended sauce**, **korma curry paste** and **chicken stock paste** into the **chicken** and simmer until thickened, 2-3 mins. Season with **salt** and **pepper**. Once the **rice** is done, fluff up the grains with a fork and stir in the **toasted coconut**.



Serve

Share the **coconut rice** between your serving bowls. Spoon over the **chicken korma**. Sprinkle over the **flaked almonds** and **spring onion** to finish.

Enjoy your meal!