





## Nepalese Chicken Curry

 20-30min  2 Portions

We chased our Public Relations Manager Sarah's mother-in-law, who is of Nepalese heritage, for this tantalising curry. The fragrant spice mix becomes an unctuous sauce with the addition of fresh tomato, yet it is still light enough to enjoy in the warmer months.

## What we send

- vegetable stock concentrate
- fenugreek seeds
- spice mix
- long red chilli, 2 garlic cloves, ginger, coriander
- basmati rice
- tomatoes
- onion
- free-range chicken thigh fillet

## What you'll require

- salt
- vegetable oil

## Utensils

- large frypan
- medium saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

May contain traces of allergenic ingredients.

## Nutrition per serving

Energy 640.0kcal, Fat 12.1g, Proteins 50.2g, Carbs 77.3g



### 1. Prepare ingredients

Trim any excess fat from the **chicken** and cut into 3cm cubes. Finely chop the **onion** and **garlic**. Thinly slice the **chilli**. Peel and grate the **ginger**. Cut the **tomatoes** into chunks. Pick the **coriander** leaves and finely chop the stems.



### 4. Cook aromatics

Add the **chilli, ginger, coriander stems, garlic** and **onion** and cook for 1-2 mins until fragrant. Transfer aromatics to a small bowl and wipe pan clean.



### 2. Cook rice

Wash the **rice** in a sieve under cold water. Place in a medium saucepan with 375ml (1½ cups) water and a pinch **salt**. Bring to the boil and cook, covered, over very low heat for 10 mins. Turn off heat and stand, covered, for a further 2 mins. Fluff rice with a fork.



### 5. Cook chicken

Increase heat to high heat and add the **chicken**. Cook for 4 mins or until chicken is golden. Return aromatics to pan.



### 3. Toast fenugreek

Heat 1 tbs **oil** in a large frypan over medium heat. Add half of the **fenugreek seeds** (reserve remaining for another use) and lightly fry for 2 mins or until fragrant.



### 6. Finish curry

Stir in the **curry spice mix, vegetable stock concentrate**, 150ml water and **tomatoes**. Reduce heat to a simmer and cook, covered, for 10 mins or until the tomatoes start to collapse. Season **curry** with **salt** to taste. Serve with **basmati rice** and garnish with **coriander** leaves.