

Chicken and Pumpkin Curry

with Coriander Raita



30-40min



2 Portions

With a ready-to-go Indian masala spice blend, you can turn everyday ingredients into a show-stopping curry. This mild meal includes free-range chicken, sweet butternut pumpkin and green peas, so it's sweet, soft and filling, and comes with basmati rice and a quick cooling raita - just stir coriander into the yoghurt, and serve.

What we send

- Indian masala ¹⁷
- brown basmati rice
- free-range chicken thigh fillet
- onion
- butternut pumpkin
- Massel chicken-style stock cube
- tomato paste
- green peas
- coriander
- Greek yoghurt ⁷

What you'll require

- boiling water
- sea salt and pepper
- vegetable oil
- water

Utensils

- medium saucepan
- sieve

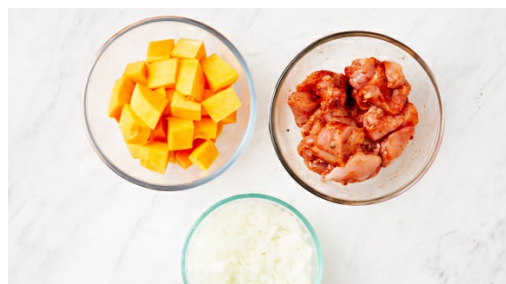
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 770kcal, Fat 28.4g, Carbs 74.4g, Proteins 47.4g



1. Prepare ingredients

Bring **1L (4 cups) water** to the boil in a medium saucepan for the rice. Meanwhile, finely chop the **onion**. Peel and cut the **pumpkin** into 2cm chunks. Trim the **chicken** and cut into 3cm chunks. Put in a bowl, add the **Indian masala seasoning** and toss to coat.



4. Prepare tomato stock

While the vegetables are cooking, crumble **1 stock cube** into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to combine. Stir in **half the tomato paste** and whisk until combined (reserve remaining stock cube and tomato paste for another use).



2. Cook rice

Rinse the **rice** in a sieve until the water runs clear, then cook in the pan of boiling water for 18-20 mins until tender. Drain, return to the pan and cover to keep warm.



5. Add tomato stock

Stir the **tomato stock** and **chicken** into the pan, increase the heat to medium-high and bring to the boil. Reduce heat to medium, cover with a lid and cook for 15 mins. Rinse and drain the **peas**, stir into the curry and cook for a further 1 min or until the vegetables are tender.



3. Cook chicken

Meanwhile, heat **1 tbs vegetable oil** in a large deep frypan over high heat. Cook the **chicken**, stirring, for 5 mins or until browned. Remove the chicken from the pan and reduce heat to medium. Add **1 tbs vegetable oil, onion** and **pumpkin** and cook, stirring, for 5 mins or until the vegetables start to soften. Season with **salt**.



6. Make raita

Meanwhile, finely chop the **coriander**, including the stems. Combine the **yoghurt** and **coriander** in a small bowl and season with **salt**. Divide the **rice** and **curry** among bowls and serve with the **raita**.