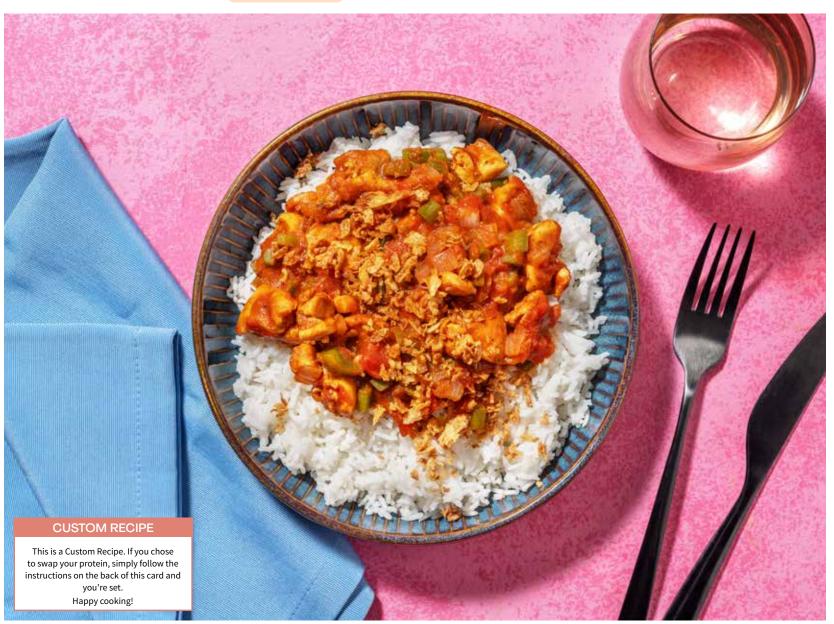


Bhuna-Style Chicken Curry

with Basmati Rice

Family Friendly 25-35 Minutes





Chicken Thighs



Basmati Rice

Green Curry Paste





Yellow Onion





Green Bell Pepper



Ginger-Garlic Puree



Crispy Shallots



Crushed Tomatoes

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs*	280 g	560 g
Chicken Breast	2	4
Crushed Tomatoes	370 ml	740 ml
Yellow Onion	113 g	226 g
Basmati Rice	¾ cup	1 ½ cups
Green Bell Pepper	200 g	400 g
Green Curry Paste	2 tbsp	4 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Crispy Shallots	28 g	56 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





Cook rice

- Add 1 ¼ cups water and ¼ tsp salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Prep

- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- \bullet Core, then cut \boldsymbol{pepper} into $1\!\!/\!_4\text{-inch}$ pieces.



Prep and sear chicken

- Pat **chicken** dry with paper towels.
- Cut **chicken** into 1-inch pieces. Season with **salt** and **pepper**.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring often, until goldenbrown all over, 3-4 min.
- Transfer **chicken** to a plate. (NOTE: Chicken will finish cooking in step 5.)

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Start curry

- Heat the same pan over medium-high.
- When hot, add 1 tbsp oil (dbl for 4 ppl), then onions and peppers. Cook stirring often, until veggies soften slightly, 2-3 min.
- Season with salt and pepper.
- Add **ginger-garlic puree**. Cook, stirring often, until fragrant, 1 min.



Finish curry

- Add **curry paste**, **chicken** (and any juices from the plate), **crushed tomatoes** and 1/4 **cup water** (dbl for 4 ppl).
- Bring to a simmer, then reduce heat to medium. Cook, stirring often, until sauce thickens slightly and chicken is cooked through, 4-5 min.**
- Add 2 tbsp butter and 1/4 tsp sugar (dbl both for 4 ppl).
- Season with salt and pepper, to taste.



Finish and serve

- Fluff the rice with a fork.
- Divide rice between bowls. Top with curry.
- Sprinkle crispy shallots over top.

Dinner Solved!