



Chicken and Mushroom Rogan Josh with Cumin Rice and Carrot Kachumber

Classic 30 Minutes • Little Spice • 2 of your 5 a day



Carrot



Coriander



Lemon



Garlic Clove



Cashew Nuts



Cumin Seeds



Basmati Rice



Diced Chicken Thigh



Sliced Mushrooms



Rogan Josh Paste



Boscaiola Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Saucepan, Bowl.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lemon**	½	½	1
Garlic Clove**	1	1	2
Cashew Nuts 2)	25g	40g	50g
Cumin Seeds	1 sachet	1 sachet	2 sachets
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Sliced Mushrooms**	80g	120g	180g
Rogan Josh Paste	1 sachet	1½ sachets	2 sachets
Boscaiola Sauce 7)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	3188 /762	741 /177
Fat (g)	32	8
Sat. Fat (g)	7	2
Carbohydrate (g)	74	17
Sugars (g)	10	2
Protein (g)	41	9
Salt (g)	1.60	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Trim the **carrot** (no need to peel) then grate on the coarse side of your grater. Roughly chop the **coriander** (stalks and all). Halve the **lemon**. Peel and grate the **garlic** (or use a garlic press). Heat a large frying pan on medium heat (no oil). Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins. Then remove to a small bowl. **TIP: Watch them like a hawk as they can burn easily.**



Make the Curry

Once the **chicken** has browned and the **mushrooms** are golden, add the **rogan josh paste** and **garlic** to the pan. Cook until fragrant, 30 secs, stirring continuously. Then add the **boscaiola sauce** and **water** for the **sauce** (see ingredients for amount), mixing well to combine. Bring to the boil, then reduce the heat and simmer gently until the **chicken** is cooked and the **sauce** has thickened slightly, 5-6 mins. When ready, remove from the heat. Taste and season with **salt** and **pepper** if needed. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



Cook the Cumin Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice**, ¼ tsp of **salt** and **half** of the **cumin seeds**. Cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Make the Carrot Kachumber

While the **curry** and the **rice** cooks, pop the **grated carrot** into a small bowl. Add the **coriander** and remaining **cumin seeds**. Pour in the **olive oil** for the dressing (see ingredients for amount), squeeze in some **lemon juice** and season with **salt** and **pepper**. Mix well to combine. Taste and add more **lemon juice**, **salt** or **pepper** if needed. Leave your **carrot kachumber** aside for now.



Fry Time

Meanwhile, heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat. Once hot, add the **diced chicken thigh** to the pan. Fry until browned, 3-4 mins, stirring occasionally. Then add the **sliced mushrooms** and fry until they start to soften and turn golden, 4-5 mins. **IMPORTANT: Wash your hands after handling chicken and its packaging.**



Finish and Serve

When everything is ready, fluff up the **cumin rice** with a fork then divide it between your dishes. Spoon over the **chicken** and **mushroom rogan josh** and garnish with the **toasted cashews**. Serve with the **carrot kachumber** on the side and tuck in.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.