

GREEN  
CHEF

9

# Chicken Thigh, Coriander and Peanut Curry

with Roasted Chilli Broccoli

**Cook time:** 35-40 mins | **Servings:** 2 or 4 portions | Medium Spice



Carbs	Protein	Fat	Calories	5-a-day
9.7g	54.1g	37.9g	604 Kcal	1 portion
Typical Values Per Serving				

## Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a bowl, food processor, saucepan, lid, baking tray, frying pan and kitchen paper.

## Ingredients

Ingredients	2 people	4 people
Chicken Thigh**	4	8
Ginger, Garlic & Lemongrass Puree	22g	44g
Greek Style Natural Yoghurt** 7)	75g	150g
Coriander**	2 bunches	4 bunches
Salted Peanuts 1) 61)	40g	80g
Green Chilli**	1	2
Ground Turmeric	1 sachet	2 sachets
Curry Powder Mix	1 sachet	2 sachets
Broccoli Florets**	200g	400g
Echalion Shallot**	1	2
Chilli Flakes	1 pinch	2 pinches
Olive Oil for the Sauce*	2 tbsp	4 tbsp
Salt*	¼ tsp	½ tsp
Oil for Cooking*	2 tbsp	4 tbsp

\*Not Included \*\* Keep in the Fridge

Nutrition	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	2526 / 604	583 / 139
Fat (g)	37.9	8.8
Sat. Fat (g)	8.6	2.0
Carbohydrate (g)	9.7	2.2
Sugars (g)	6.6	1.5
Protein (g)	54.1	12.5
Salt (g)	1.95	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 7) Milk

May contain: 61) Nuts

There may be last-minute changes to ingredients, of which we will always notify you by email.

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

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, Soya, Gluten & Sulphites.

## How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or via the chat function on the website

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## Now, let's get cooking!



Preheat your oven to 220°C/200°C fan/gas mark 7. Cut each **chicken thigh** into 4cm chunks. Put the **chicken** into a large bowl, with the **garlic, ginger & lemongrass puree** and **Greek style yoghurt**. Season with **salt** and **pepper**. Coat the **chicken** well and set aside to marinate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Meanwhile, put the **broccoli florets** onto a baking tray and drizzle with **oil**. If you'd like to, season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until the edges are crispy and slightly charred, 10-15 mins.



If you don't have a food processor, roughly chop **three quarters** of the **coriander** (stalks and all), the **peanuts** and **chilli** (deseed for less heat), then add them all to a medium bowl. Stir in the **turmeric, curry powder, salt** and **olive oil for the sauce** (see ingredients for both amounts) and combine well. If you have a food processor, whizz all the same ingredients together until you have a **paste**.



Halve, peel and thinly slice the **shallot**. Heat a medium frying pan on medium-high heat with enough **oil** to cover the bottom. Check the **oil** is hot enough by adding **one piece of shallot** - if hot enough, small bubbles should form. Add the **shallot** and fry until golden and crispy, 3-5 mins. Turn regularly. Transfer to a plate lined with kitchen paper to absorb any excess oil. If you'd like to, season with **salt** and **pepper**.



Heat a large saucepan on medium-high heat with a drizzle of **oil**. Pour in the **marinated chicken** and fry until seared on all sides, 4-5 mins. Turn the heat down to medium-low and add the **coriander and peanut sauce** to the pan. Cover with a lid and cook until the **chicken** is cooked through and tender, 12-15 mins. If the **sauce** looks dry, add a splash of **water**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Spoon the **chicken, coriander and peanut curry** into bowls. Sprinkle the **chilli flakes** over the **broccoli** and toss, then serve alongside the **curry**. Top with the **crispy shallots** and the remaining **coriander**.

Enjoy!

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