

GREEN  
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Keto

# Massaman Chicken Curry

With Green Beans & Cauliflower Rice

**Cook time:** 20-25 mins | **Servings:** 2 or 4 portions | Mild Spice

**Carbs**

21g

**Protein**

48g

**Fat**

26g

**Calories**

526 Kcal

**5-a-day**

2 portions

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 Frying Pan, Garlic Press, Zester, Measuring Cup.

## Ingredients

Ingredients	2 people	4 people
Cauliflower**	1	2
Green Beans**	150g	300g
Diced Chicken Breast**	300g	600g
Garlic**	1	2
Lime**	1	2
Coriander**	1 bunch	1 bunch
Massaman Curry Style Paste	50g	100g
Coconut Milk	200ml	400ml
Black Sesame Seeds 3) 15) 16)	1 sachet	2 sachets
Water for Curry*	50ml	100ml

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

Nutrition	Per serving	Per 100g
for uncooked ingredient	685g	100g
Energy (kJ/kcal)	2201 / 526	321 / 77
Fat (g)	26	4
Sat. Fat (g)	17	2
Carbohydrate (g)	21	3
Sugars (g)	11	2
Protein (g)	48	7
Salt (g)	1.90	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame

**May contain:** 15) Peanut 16) Nut

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 chat to us via our website

Grocery Delivery E-Services UK Ltd,  
60 Worship St, London, EC2A 2EZ

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## Now, let's get cooking!



Cut the **cauliflower** into quarters and grate on the coarse side of your grater. If you have a food processor, use this instead. Trim the **green beans** then halve widthways. Heat a medium frying pan over medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and **green beans**, and pan-fry, 5-7 mins. If you'd like to, season with **salt** and **pepper**. Stir occasionally. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



Meanwhile, heat a small frying pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cauliflower rice**, and cook to warm through, 3-4 mins.



Meanwhile, peel and grate the **garlic** (or use a garlic press). Zest the **lime**, juice half and cut the remaining half into **wedges**. Roughly chop the **coriander** (stalks and all).



Once the **cauliflower rice** is warmed through, remove the pan from the heat. Stir through the **coriander** and remaining **lime zest**. If you'd like to, season with **salt** and **pepper**.



Lower the heat to medium, add the **Massaman curry paste** and **garlic**, and cook until fragrant, 1 min. Add the **coconut milk** and **water** (see ingredients for amount). Bring to the boil, stir and lower the heat so the **sauce** simmers gently. Cook for 5-6 mins. Add the **lime juice** and **half** of the zest. If you'd like to, season with **salt** and **pepper**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Add the **cauliflower rice** to the plates. Spoon the **massaman curry** next to the **rice**. Sprinkle with **black sesame seeds** and garnish with **lime wedges**.

Enjoy!

