

# Chicken Korma

This creamy Chicken Korma is full of flavour; the best thing about it is that you can add whatever vegetables you choose, making it a real family favourite.



Celery and sulphites\*

Nutritional information per portion (341g):

Energy	Fat	Saturates	Sugars	Salt
1285kJ 306kcal 15%	15g 22%	5.4g 27%	11g 13%	0.24g 4%

of an adult's reference intake.  
Typical values per 100g: energy 377kJ/90kcal.

## Equipment

Chopping board x 2  
Sharp knife  
Colander  
Peeler  
Teaspoon  
Fork  
Grater  
Large saucepan with lid  
Measuring spoons  
Measuring jug  
Stirring spoon  
Can opener  
Pan stand

## Ingredients

**Serves 5**  
3 large chicken breasts  
2 medium carrots  
100g green beans  
1 large sweet potato (approx. 250g)  
1 large onion  
4cm piece root ginger (approx. 20g) OR 1 x 15ml spoon ginger paste  
2 x 15ml spoons sunflower oil  
200–300ml water (as required)  
80g Let's Get Cooking Korma Paste OR ready made Korma Paste  
200ml light coconut milk  
Small bunch (10g) fresh coriander (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Freeze the leftover coconut milk in an airtight container for up to 1 month. Defrost and stir well before adding to your recipe.
- Carrots take longer to cook than sweet potatoes, so make sure they are cut into smaller pieces and are softening before you add the rest of the ingredients.
- If using ready-made/shop-bought curry paste, check the jar for allergies.

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## Method

1. Dice the chicken into bite-sized pieces. Wash your hands after touching the raw meat. Wash the sharp knife ready to use again for the vegetables.
2. Wash the carrots and beans.
3. Peel the sweet potato, carrots and onions. Chop the sweet potato into 2cm pieces, the carrots into 1cm pieces, and finely slice the onion.
4. Peel the ginger and grate using the coarse side of the grater.
5. Chop the ends off the green beans and cut into 4cm lengths.
6. Gently heat the oil in the saucepan, add the onions, ginger and carrots and cook for 5–10 minutes or until the carrots begin to soften. Stir in the chicken and cook for a further 10 minutes on a medium-high heat until the meat turns from pink to white. Stir occasionally.
7. Add the korma paste (you can make your own or use a ready-made jar) to the saucepan and stir until the vegetables and chicken are covered. Cook for 6–8 minutes.
8. Add the sweet potatoes, green beans and coconut milk to the saucepan and add the water (as required) to cover the vegetables. Bring to the boil and then turn down the heat and simmer for 10–20 minutes until the vegetables are soft. Stir occasionally to prevent it sticking to the pan.
9. To serve, roughly chop the coriander (if using) removing any tough stems and sprinkle over the curry.

## Something to try next time

- For a Vegetable Korma, see our recipe which is available to download from our website.
- For a spicier curry, add a finely chopped fresh chilli OR 1 x 5ml spoon of chilli powder at stage 7.

## Prepare now, eat later

- To freeze, cool the dish as quickly as possible after cooking then pour into a plastic airtight container and freeze for up to 1 month. Defrost thoroughly and reheat until piping hot.

### Skills used include:

Washing, measuring, peeling, chopping, grating, boiling/simmering and frying.