



# KORMA CHICKEN TRAY BAKE

Serves 4 | Serves of Veg 3 | 0:15 Prep | 0:35 Cook



## NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	600 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3120 kJ	520 kJ
Protein	92.9 g	15.5 g
Fat, total	17.5 g	2.9 g
- saturated	6 g	1 g
Carbohydrate	48.9 g	8.2 g
- sugars	9.7 g	1.6 g
Sodium	1740 mg	290 mg

## SHOPPING LIST



Chicken Breast



Basmati Rice



Olive Oil



Cauliflower



Red Wine Vinegar



Caster Sugar



Mint



Korma Paste



Chicken Stock



Curry Leaves



Green Beans



Red Onion



Greek-Style Yoghurt



Salt & Pepper

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# Ingredients

- 4 chicken breast fillets
- 2 tbsp korma curry paste
- 1 cup (200g) basmati rice, rinsed & drained twice in cold water
- 1 ½ cups (375ml) chicken stock
- 1 stem curry leaves, leaves picked
- ½ cauliflower, cut into small florets
- 200g green beans, trimmed
- 1 red onion, thinly sliced
- 2 tbsp red wine vinegar
- 2 tsp caster sugar
- 2 tsp salt
- ½ cup (140g) Greek-style yoghurt
- ¼ cup finely chopped mint

# Recipe Steps



1. Preheat oven to 180°C. Coat the **chicken breast** in the **korma curry paste** in a large bowl.
2. Spread rinsed **basmati rice** evenly over the base of a large roasting pan. Pour over the **chicken stock**. Top with curry leaves. Arrange marinated chicken & **cauliflower florets** in a single layer over the rice.
3. Bake for 25 mins or until rice, chicken and cauliflower are golden.
4. Carefully take out the oven tray, arrange **green beans** around the chicken mixture in the pan.
5. Bake for another 5 mins or until the chicken is cooked through and the rice is almost tender. Carefully cover with foil. Set aside for 5 mins to stand. Tip: resting the chicken helps the breast retain all that delicious, juicy flavour before carving.
6. To a small bowl, combine the **red onion, vinegar, sugar & salt**. Set aside for 10 mins to marinate. Drain well before serving.
7. To make the mint yoghurt; combine **Greek-style yoghurt** & chopped **mint**, season as preferred.
8. To serve; drizzle **mint yoghurt** & sprinkle drained **pickled onions** over the **baked korma chicken & cauliflower**, serve hot.

## Recipe Notes

- **Garnish Ideas** serve with lemon wedges, picked mint leaves, sliced cucumber, coriander sprigs and/or toasted flaked almonds.