

Mild Chicken Cashew Curry

with Naan and Carrot Salad



We've kept this one mild and creamy for the whole family to enjoy!

Takes: 35 min | Equipment Required: Pestle & Mortar, Food processor

Cals 1345 | Prot 66 | Carbs 164 | Fat 48

Tips For Fussy Eaters

Reserve the coriander for garnish, saving it for those who like it!

Pro Tip

For extra creaminess, soak the cashew nuts in water for 2-4 hours or even overnight. Blitz with the soaking liquid.

Ingredients

For 2 For 3 For 4

Curry

Chicken breast	400	500	600	Grams
Cashew nuts	60	80	80	Grams
Brown onion	1	1	2	Piece
Ghee	30	45	60	Grams
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	20	30	40	Grams
Curry powder	5	8	10	Grams
Smoked paprika powder	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Chicken stock cube	1	1	2	Piece
Water	200	300	400	ML
Honey	15	15	30	Grams
Tomato paste	70	70	140	Grams
Cream cheese	20	40	40	Grams

Sides

Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Tandoori naan	2	3	4	Piece

Salad

Fresh coriander	15	30	30	Grams
Carrot	1	2	2	Piece
Golden raisins	30	45	45	Grams
Lime	1	2	2	Piece



1 Prep

Preheat the oven to 200°C/180°C fan. Place the **cashew nuts** in a small bowl and cover with boiling water. Set aside. Peel and finely chop the **onion**. Finely chop the **coriander** stems (reserve the leaves). Chop the **chicken** into bite-size pieces.



2 Sauté

Heat a large pan over a medium-low heat with the **ghee**. Sauté the **onion** with the **salt** for 6 min until soft. Once soft, add the **ginger garlic paste**, **coriander** stems, **curry powder**, **smoked paprika** and **turmeric** and cook for 1 min further.



3 Boil rice

Meanwhile, add the **basmati rice**, **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving.



4 Simmer

Meanwhile, add the **chicken**, **chicken stock cube**, **measured water**, **honey** and **tomato paste** to the pan and simmer for 10 min or until the **chicken** is cooked through. Meanwhile, place the **naan** on a baking tray and heat in the hot oven for 5 min or until warmed through. Keep warm.



5 Make salad

Peel and grate the **carrots**. Place the **carrots**, **raisins** and **coriander** leaves in a bowl and season generously with the **lime** juice. Toss and set aside - this is your **salad**.



6 Grind cashews

Drain the **cashew nuts**. Grind the **cashew nuts** to a smooth **paste** in a pestle and mortar or in a food processor. Add the ground **cashew nuts** and **cream cheese** to the **curry**, simmer for 2 min further. Serve the **curry** over the **rice** with the **naan** and **carrot salad** on the side.