

# Coronation Chicken Curry

## Ingredients

- 1 packet Maggi Juicy Butter Chicken
- 100 ml Double Cream
- 600 g Chicken Breasts, diced
- 2 tablespoons Mango chutney
- 50 g Dried Apricot
- 20 g Toasted flaked almonds, optional
- 1 bunch fresh coriander, chopped
- 1 Medium Cucumber
- 3 tablespoons Low Fat Yogurt
- 10 g mint, finely chopped
- 1 Medium lemon
- 150 g tomatoes, cut into small cubes
- 260 g Basmati or long grain rice (uncooked)

## Instructions

1. Preheat the oven to 180°C (160°C fan) or Gas Mark 4.
2. Tear the top part of the Maggi pack and open out the bag (keeping the red tie somewhere safe to close it later!). Tip the seasoning from the bottom part of the pack into a jug, mix with the cream and mango chutney until smooth - adding a few tablespoons of water if it becomes too thick. Put the chicken and apricots into the bag and pour the sauce over the chicken. Close the bag using the tie and then mix the chicken, seasoning and cream around in the bag until its fully combined. Put the bag flat on its side into a casserole dish so that the tied up end faces one end of the dish. Bake in the centre of the oven (make sure there is room for the bag to inflate and that none of the shelves will touch the inflated bag). Cook for 35 minutes.
3. Finely chop the cucumber and mix in a small bowl with the yogurt, add a pinch of salt and black pepper and then stir through the chopped mint.
4. Remove the chicken dish from the oven and leave to stand for 5 minutes before opening the bag (the steam will be very hot!). Tip the chicken into the casserole dish and scatter with the flaked almonds and coriander. Serve with the cooked rice, cucumber raita and the chopped tomatoes.

## Nutrition

Carbohydrate	76.68 g
Energy	655.92 kcal
Fat	19.29 g
Fibre	3.19 g
Protein	41.54 g
of which: saturates	10.16 g
Sodium	190.62 mg
of which: sugars	18.05 g

45 Minutes

4