



## Chicken Massaman Curry

**Massaman curry - also known as matsaman or mussman curry - is a creamy, mildly spiced, nutty, slow-cooked curry which is heavily influenced by Indian, Malaysian, and Persian cuisines. We have created this version with all the flavour but shorter cooking time!**

### Ingredients

- Chicken Fillet (Diced)
- Cashews
- Aubergine
- Basmati Rice
- Pepper
- Peanut Butter
- Red Onion
- Massaman Curry Paste
- Red Chilli
- Creamed Coconut
- Fresh Coriander

### Your Pantry

- Olive Oil
- Salt & Pepper

### Nutritional Info

Calories: 709 kcal  
Carbohydrates: 55 g  
Protein: 39 g  
Fat: 37 g

### Allergens


[Fish \(Curry Paste\)](#)  
[Peanuts \(Peanut Butter\)](#)  
[Nuts \(Cashews\)](#)  
[Mustard \(Curry Paste\)](#)  
[Wheat \(Curry Paste\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Prepare the vegetables

Remove the core from the pepper and roughly chop it. Remove the outer layer from the onion and finely chop. Roughly chop the aubergine into 2-3cm cubes. Cut the chili lengthways and remove the seeds. Finely chop the chilli. Set the vegetables aside.

### 2) Cook the rice

Place rice in a pot and cover with an inch of salted water and bring to a boil over high heat. As soon as the water is boiling, lower the heat to a simmer and cover with a lid.

### 3) Toast the cashews

Add the cashews to a dry frying pan without oil and toast them (about 2-3 minutes), stirring and watching constantly to prevent burning. Set aside.

### 4) Cook the chicken

In a large, deep frying pan, gently heat the olive oil on medium high heat then add the massaman curry paste. Add the diced chicken and cook for about 5 minutes until cooked through, remove and set aside.

### 5) Cook the vegetables

In the same frying pan add peppers, aubergine, onions, chilli and cook for about 8 minutes. Season with salt & pepper.

### 6) Add the coconut

Add the creamed coconut and 1 cup of water to the vegetables. Dissolve the coconut and simmer for 2-3 minutes. Add the chicken and peanut butter

### 7) Plate the dish

Sprinkle the cashews and coriander over the chicken & serve with rice.



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