

DINNERLY



Low-Cal Plant-Based Chicken Korma Curry

over Jasmine Rice



ca. 20min



2 Servings

Is this korma calling your name? We're pretty sure we heard it right. This Indian staple boasts a fragrant, creamy curry sauce thanks to coconut milk powder, tomato paste, and a healthy dose of garam masala. Plant-based chicken, tender peas, and jasmine rice will soak it right up. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb pkg plant-based chicken ⁶
- 2 (¾ oz) coconut milk powder ^{7,15}
- ¼ oz garam masala
- 6 oz tomato paste
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- sugar
- apple cider vinegar (or white wine vinegar)

TOOLS

- small saucepan
- microplane or grater
- medium skillet

ALLERGENS

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 600kcal, Fat 16g, Carbs 81g, Protein 33g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

Finely grate **1 teaspoon garlic**.

Use your fingers or two forks to break up **plant-based chicken** into bite-sized pieces.

In a liquid measuring cup, combine **coconut milk powder** with **1 cup hot tap water**.



3. PLANT CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant-based chicken** and cook until browned, flipping halfway through cooking time, about 3 minutes.

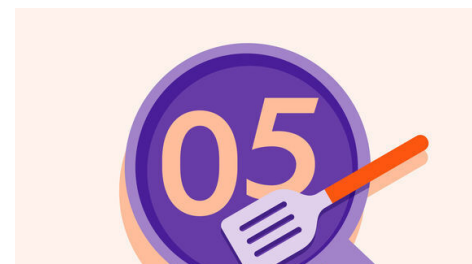
Add **grated garlic**, **garam masala**, and **1 heaping tablespoon tomato paste**. Cook until tomato paste turns brick red and aromatics are fragrant, 1–2 minutes.



4. Build broth & add peas

Add **coconut milk** to skillet with **plant-based chicken** and bring to a simmer. Reduce heat to low and simmer, stirring, until sauce has thickened, about 2 minutes.

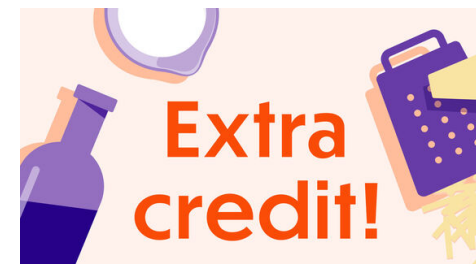
Add **peas** and cook until heated through, about 2 minutes more.



5. Finish & serve

To same skillet, stir in **½ teaspoon sugar** and **1½ teaspoons vinegar**. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **plant-based chicken korma curry** over **rice**. Enjoy!



6. Lime to the rescue!

Don't have vinegar? Add a squeeze of lime instead. A sprinkle of cilantro leaves over top before serving wouldn't hurt either.