Roasted Chicken in Creamy Korma Sauce

with Roasted Potatoes, Pepper and Peas

Family Friendly | High Protein | Source of Fibre | 35 - 40 Minutes • 1 of your 5 a day

83

- Potatoes
- British Chicken Breasts
- Garlic Clove
- Bell Pepper
- Korma Curry Paste
- Creme Fraiche
- Mango Chutney
- Peas

CUSTOMISED RECIPE

If you've chosen to add, swap or upgrade, scan the QR code to see your personalised cooking instructions and nutrition information.

Cooking Tools

Baking Trays, Grater and Large Frying Pan

Ingredients

Ingredients	2P	3P	4P
Potatoes** (g)	450	700	900
British Chicken Breasts** (unit(s))	2	3	4
Garlic Clove** (unit(s))	2	3	4
Bell Pepper** (unit(s))	1	1.5	2
Korma Curry Paste (g) 9)	50	75	100
Creme Fraiche** (g) 7)	75	150	150
Mango Chutney (g)	40	60	80
Peas** (g)	120	180	240
Pantry	**2P**	**3P**	**4P**
Salt*(tsp)	0.3	0.3	0.5
Water*(ml)	100	150	200
Butter*(g)	10	15	20

*Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	670g	100g
Energy (kJ/kcal)	2778/664	416/99
Fat (g)	26.4	4
Sat. Fat (g)	11.3	1.7
Carbohydrate (g)	74.1	11.1
Sugars (g)	24.3	3.6
Fibre (g)	11.4	1.7
Protein (g)	46.9	7
Salt (g)	2.47	0.37

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard

Please note: boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.
Remember to check packaging for the most up-to-date information and allergens.

Use separate utensils for raw and cooked meat (or wash between). Rinse fruit and veg before use. Wash hands before and after prep. Some of our products are previously frozen. Please ensure they are fully defrosted before cooking. Ingredients in red are hot.

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The Fresh Farm
60 Worship St, London EC2A 2EZ

1

Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto one side of a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. TIP: *Use two baking trays if necessary.*

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

2

Chicken Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side. TIP: *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.*

Once browned, pop the chicken onto a baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.

3

Roast the Pepper

In the meantime, peel and grate the **garlic** (or use a garlic press).

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

When the **potatoes** have 15 mins remaining, add the **sliced pepper** to the other side of the baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat.

Return to the oven for the remaining roasting time until the **pepper** is soft and slightly charred, 14-16 mins.

4

Make Your Creamy Curry Sauce

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Add the **garlic** and korma curry paste and cook until fragrant, 1-2 mins.

Add the **creme fraiche**, **salt** and **water** (see pantry for amounts). Stir to combine and simmer until thickened slightly, 2-3 mins.

Stir through the **mango chutney**. Taste and season with **salt** and **pepper** if needed.

5

Peas Please

When there are 2 mins left of **potato** roasting time, remove the **potatoes** and **peppers** from the oven.

Add the **peas** to the baking tray. Toss together and return to the oven for the remaining time.

Just before you're ready to serve, return the pan to the heat and stir the **butter** (see pantry for amount) through the **sauce** until melted.

6

Serve

Once your **chicken** has finished resting, slice into thin strips and transfer to your plates.

Serve with your **potatoes**, **peppers** and **peas** alongside.

Finish by drizzling over the **creamy curry sauce**.

Enjoy!