













Indonesian Spiced Fragrant Chicken Curry with Green Beans and Jasmine Rice

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

7



-  Green Beans
-  Diced Chicken Breast
-  Jasmine Rice
-  Lime
-  Tomato Puree
-  Ginger Puree
-  Indonesian Style Spice Mix
-  Coconut Milk
-  Chicken Stock Paste
-  King Prawns

Pantry Items
Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|-----------|-----------|-----------|
| Green Beans** | 80g | 150g | 150g |
| Diced Chicken Breast** | 240g | 390g | 520g |
| Jasmine Rice | 150g | 225g | 300g |
| Lime** | 1 | 1 | 2 |
| Tomato Puree | 30g | 45g | 60g |
| Ginger Puree | 15g | 22g | 30g |
| Indonesian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Coconut Milk | 180ml | 250ml | 360ml |
| Chicken Stock Paste | 10g | 15g | 20g |
| King Prawns** 5) | 150g | 225g | 300g |
| Pantry | 2P | 3P | 4P |
| Sugar* | ½ tsp | ¾ tsp | 1 tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|--------------------------------|---------------|-------------|-------------|-------------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 405g | 100g | 480g | 100g |
| Energy (kJ/kcal) | 2644 / 632 | 653 / 156 | 2811 / 672 | 585 / 140 |
| Fat (g) | 19.1 | 4.7 | 19.5 | 4.1 |
| Sat. Fat (g) | 14.5 | 3.6 | 14.7 | 3.1 |
| Carbohydrate (g) | 73.4 | 18.1 | 73.4 | 15.3 |
| Sugars (g) | 7.2 | 1.8 | 7.2 | 1.5 |
| Protein (g) | 40.9 | 10.1 | 49.9 | 10.4 |
| Salt (g) | 1.76 | 0.43 | 2.77 | 0.58 |

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

Allergens

5) Crustaceans

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Get Frying

- Boil a half-full kettle.
- While it boils, trim the **green beans**. Cut into thirds.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken and green beans**, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.

CUSTOM RECIPE

If you're adding **prawns**, drain them, then add them to the pan with the **chicken**. Continue as instructed, the **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

3



Sauce Time

- Stir the **tomato puree, ginger puree, Indonesian style spice mix, coconut milk, chicken stock paste** and **sugar** (see pantry) into the frying pan.
- Lower the heat and simmer, 3-4 mins. **IMPORTANT:** Cook the chicken so there's no pink in the middle.
- Add a squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.

2



Rice On

- Meanwhile, pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- While the **rice** cooks, quarter the **lime**.

4



Dinner's Ready!

- Once the **rice** is cooked, drain. Share between your bowls.
- Spoon over the **chicken curry**.
- Serve with any remaining **lime quarters** for squeezing over.

Enjoy!