



Quick Chicken, Pea and Spinach Korma

with Garlic Rice and Flaked Almonds

Family 20 Minutes • Mild Spice • 1 of your 5 a day

1



Garlic Clove



Basmati Rice



Diced British Chicken Breast



Tomato Puree



Korma Curry Paste



Chicken Stock Paste



Creme Fraiche



Peas



Baby Spinach



Toasted Flaked Almonds



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey, Butter

+ Double Chicken Breast

If you chose to double chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

A comforting and mildly spiced Indian favourite, korma sauce pairs well with any kind of veg or protein. This Quick Chicken, Pea and Spinach Korma will be on your table in less than 25 minutes.



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, garlic press, saucepan, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	520g
Tomato Puree	30g	45g	60g
Korma Curry Paste 9	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7	75g	120g	150g
Peas**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Toasted Flaked Almonds 2	15g	25g	30g

Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Sauce*	150ml	225ml	300ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	467g	100g	587g	100g
Energy (kJ/kcal)	3441 /823	737 /176	4039 /965	688 /164
Fat (g)	34.8	7.4	36.9	6.3
Sat. Fat (g)	14.9	3.2	15.5	2.6
Carbohydrate (g)	82.4	17.6	82.5	14.1
Sugars (g)	16.5	3.5	16.6	2.8
Protein (g)	44.2	9.5	73.2	12.5
Salt (g)	2.85	0.61	2.97	0.51


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

Allergens

2) Nuts 7) Milk 9) Mustard

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, mollusc, 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.

 You can recycle me!

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Cook the Garlic Rice

- Boil a full kettle. Peel and grate the **garlic** (or use a garlic press).
- Heat the **oil for cooking** (see pantry for amount) in a deep saucepan on medium heat. Once hot, add **half the garlic** and cook for 30 secs.
- Stir in the **rice** and cook until coated, 1 min. Add **¼ tsp salt** and the **boiled water** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Wilt the Spinach

- Remove the lid from the **curry** and stir through the **creme fraiche** and **honey** (see pantry for amount).
- Bring to the boil, stir in the **peas**, then add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Remove from the heat.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.
- Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

+ Double Chicken Breast

If you're doubling up on **chicken**, cook the recipe in the same way.



Finishing Touches

- Fluff the **rice** up with a fork and stir through the **butter** (see pantry for amount).
- Taste the **curry** and season with **salt** and **pepper** if needed.



Add the Flavour

- Add the **tomato puree**, **korma curry paste** and remaining **garlic** to the **chicken**. Cook until fragrant, 1-2 mins.
- Add the **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat to medium and cover with a lid.
- Simmer until the **chicken** is cooked and the **sauce** has thickened, 5-6 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Serve Up

- Share the **rice** between your bowls.
- Top with the **chicken korma**.
- Sprinkle over the **flaked almonds** to finish.

Enjoy!