



Easy Peasy Zanzibar Style Chicken

with Basmati Rice, Peas and Green Beans

12

Super Quick 10-15 Minutes • **Medium Spice** • 1 of your 5 a day



Green Beans



Basmati Rice



Diced British Chicken Breast



Zanzibar Style Curry Powder



Tomato Puree



Chicken Stock Paste



Creme Fraiche



Peas



Mango Chutney



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Double Chicken Breast

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

Happy cooking!



Transport yourself to warmer climates with this Easy Peasy Zanzibar Style Chicken. Ready in less than 15 minutes, this creamy chicken dish is spiced with Zanzibar inspired curry powder, made from a mix of spices including fenugreek, cinnamon, fennel and coriander.

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, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	520g
Zanzibar Style Curry Powder 9)	2 sachets	3 sachets	4 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Curry*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	428g	100g	548g	100g
Energy (kJ/kcal)	2783 /665	651 /156	3381 /808	617 /148
Fat (g)	16.5	3.9	18.6	3.4
Sat. Fat (g)	8.5	2.0	9.1	1.7
Carbohydrate (g)	91.0	21.3	91.1	16.6
Sugars (g)	20.9	4.9	21.0	3.8
Protein (g)	42.4	9.9	71.4	13.0
Salt (g)	1.48	0.35	1.60	0.29

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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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Rice On

- Boil a half-full kettle. Trim and halve the **green beans**.
- Pour the **boiled water** into a saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Flavour Time

- Add the **Zanzibar style curry powder**, **tomato puree**, **chicken stock paste**, **creme fraiche** and **water** (see pantry) to the **chicken**.
- Stir and bring to a boil. Reduce the heat, simmer until thickened, 2-3 mins.
- Stir in the **peas** and **half the mango chutney**. Simmer, 1 min.
- Season with **salt** and **pepper**. Add a splash of **water** if it's too thick.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **green beans**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, open the remaining sachets.

+ Double Chicken Breast

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



Dinner's Ready!

- Share your **rice** and **curry** between bowls.
- Drizzle over the remaining **mango chutney** to finish.

Enjoy!