Put Your Feet Up Chicken Korma Traybake

with Cumin Potatoes and Mango Slaw

Family Friendly | High Protein | Prepped in 10 | 30 - 35 Minutes • Mild Spice

32

Potatoes

White Cumin Seeds

Mayonnaise

Mango Chutney

Coleslaw Mix

British Chicken Thighs

Korma Curry Paste

Wild Rocket

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 Tray and Large Bowl

Ingredients

Ingredients	2P	3P	4P
Potatoes** (g)	450	700	900
White Cumin Seeds (sachet(s))	1	1.5	2
Mayonnaise (g) **8) 9)**	96	160	192
Mango Chutney (g)	40	60	80
Coleslaw Mix** (g)	120	180	240
British Chicken Thighs** (unit(s))	4	6	8
Korma Curry Paste (g) **9)**	50	75	100
Wild Rocket** (g)	20	40	40

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	590g	100g
Energy (kJ/kcal)	3429/820	581/139
Fat (g)	42.8	7.2
Sat. Fat (g)	9.2	1.6
Carbohydrate (g)	67.5	11.4
Sugars (g)	19.3	3.3
Protein (g)	52	8.8
Salt (g)	2.6	0.44

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

Allergens

8) Egg **9)** Mustard

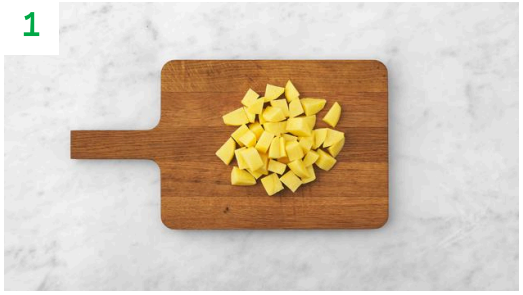
Please note: boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.
Remember to check packaging for the most up-to-date information and allergens.

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.

You can recycle me!

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

1



Get Started

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

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

2

Roast your Potatoes

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, 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 top shelf until golden, 25-35 mins. Turn halfway through.

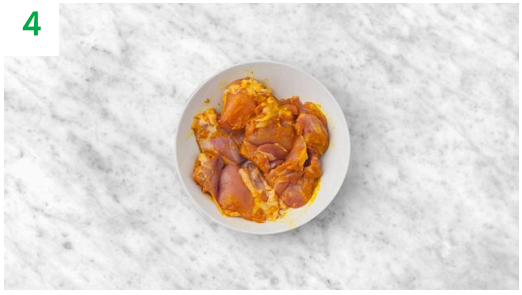
3

Make the Slaw

Meanwhile, in a large bowl, combine **two thirds** of the **mayo** and **half** the **mango chutney.**

Toss the **coleslaw mix** through the **mayo dressing** and season with **salt** and **pepper.**

4



Flavour Time

Lay the **chicken thighs** flat onto a medium baking tray. Spread the **korma curry paste** over the **chicken thighs** and drizzle with a little **oil.** TIP: *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.*

Season with **salt** and **pepper.** MPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*

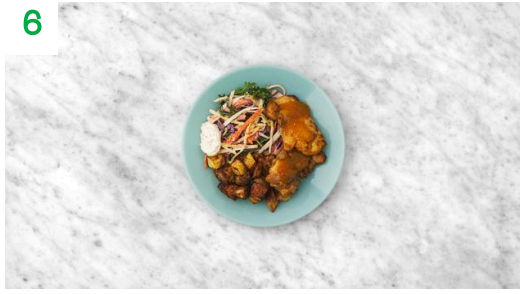
5

Roast the Chicken

Roast the **chicken** on the middle shelf of your oven until browned and cooked through, 16-18 mins. IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

Just before everything's ready, toss the **rocket** with the **mango slaw.** TIP: *Don't add the leaves too early or they'll go soggy.*

6



Serve

Share the **chicken thighs** between your serving plates and drizzle over the remaining **mango chutney.**

Serve with the **cumin potatoes** and **mango rocket slaw.**

Add the remaining **mayo** alongside for dipping.

Enjoy!