



Comforting Coronation Chicken and Prawn Curry

with Easy Rice, Peas and Green Beans

Family Friendly High Protein 25 - 30 Minutes • 1 of your 5 a day



Basmati Rice



Echalion Shallot



Green Beans



Garlic Clove



Diced British Chicken Breast



Curry Powder Mix



Mango Chutney



Chicken Stock Paste



Soured Cream



Peas



King Prawns

Cooking Tools

Frying Pans, Garlic Press, Lids and Medium Saucepan

Ingredients

Ingredients	2P	3P	4P
Basmati Rice (g)	150	225	300
Echalion Shallot** (unit(s))	1	2	2
Green Beans** (g)	80	160	160
Garlic Clove** (unit(s))	1	2	2
Diced British Chicken Breast** (g)	240	390	480
Curry Powder Mix (sachet(s))	1	1	2
Mango Chutney (g)	40	60	80
Chicken Stock Paste (g)	10	15	20
Soured Cream** (g 7)	150	225	300
Peas** (g)	120	180	240
King Prawns** (g 5)	160	240	320
Pantry	2P	3P	4P
Water for the Rice*(ml)	300	450	600
Water for the Sauce*(ml)	100	175	250

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	710g	100g
Energy (kJ/kcal)	3017/721	427/102
Fat (g)	18.3	2.6
Sat. Fat (g)	9.7	1.4
Carbohydrate (g)	85	12
Sugars (g)	19.8	2.8
Protein (g)	52.8	7.5
Salt (g)	2.72	0.38

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


Allergens

5) Crustaceans 7) Milk

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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1 Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



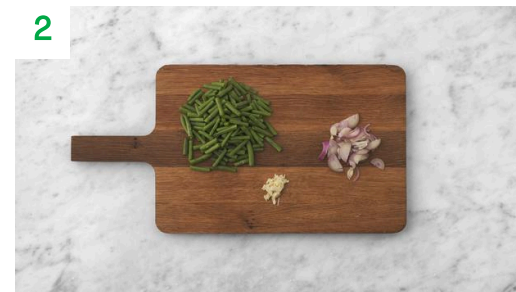
4 Simmer your Sauce

Stir in the **garlic**, **curry powder** and **mango chutney** to coat the **chicken** and cook for 1 min. Drain the **prawns**. **IMPORTANT: Wash your hands and equipment after handling raw prawns.**

Pour the **water for the sauce** (see pantry for amount) into the **chicken** pan and stir in the **chicken stock paste**. Add the **prawns** and **green beans** and bring to the boil, then reduce the heat to medium.

Cover with a lid or foil and simmer until the **beans** are tender, about 5-7 mins.

Once the **beans** are tender and the **prawns** and **chicken** are cooked, remove the lid and stir in the **soured cream** and **peas**. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.**



2 Get Prepped

While the **rice** cooks, halve, peel and thinly slice the **shallot**.

Trim the **green beans**, then cut into thirds.

Peel and grate the **garlic** (or use a garlic press).



5 Finish Up

Bring to the boil, then remove from the heat. Taste and add **salt** and **pepper** if needed. Add a splash of **water** if a little thick. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Make kid friendly: If you'd prefer to serve the veg on the side, heat a drizzle of oil in another frying pan on medium-high heat. Once hot, add the green beans and stir-fry until starting to char, 2-3 mins. Turn the heat down to medium, add a splash of water and immediately cover with a lid or some foil. Cook until tender, 4-5 mins. Add the peas to the pan and cook for 1 min more, then remove from the heat.



3 Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **alt** and **pepper**. Stir-fry until browned all over, 5-6 mins. **TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Once the **chicken** is browned, add the **shallot** to the pan and cook, stirring frequently, until softened, 3-4 mins.



6 Serve

When ready, fluff up the **rice** with a fork and share between your bowls.

Spoon your **coronation prawn and chicken curry** over the top and tuck in. Serve the **veg** alongside if you've cooked it separately.

Enjoy!