



Chicken and Spinach Curry

with Rice and Mango Chutney

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

11



Basmati Rice



Onion



Garlic Clove



Green Chilli



Diced Chicken Thigh



Korma Curry Paste



Tomato Purée



Tomato Passata



Chicken Stock Powder



Coriander



Baby Spinach



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Garlic Press, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	½	1	1
Diced Chicken Thigh**	280g	420g	560g
Korma Curry Paste 9)	50g	75g	100g
Tomato Purée	1 sachets	2 sachets	2 sachets
Tomato Passata	1 carton	1 ½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	100g	150g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	563g	100g
Energy (kJ/kcal)	2987 /714	531 /127
Fat (g)	21	4
Sat. Fat (g)	5	1
Carbohydrate (g)	90	16
Sugars (g)	24	4
Protein (g)	40	7
Salt (g)	3.10	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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You can recycle me!



Get Started!

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the rice. When boiling, add the **rice** and cook for 12 mins.

b) Drain in a sieve and return to the pan, cover with a lid until ready to serve.



Add Flavour

a) Add the **korma paste**, **garlic**, **half** the **green chilli** (add less if you don't like heat), and **tomato purée**.

b) Cook, stirring, for 1 min, add the **passata**, **water** (see ingredients for amount) and **stock powder** and bring to a simmer.

c) Season with **salt** and **pepper** and simmer until thickened, 6-8 mins.

d) Meanwhile, roughly chop the **coriander** (stalks and all).



Get Prepped

a) Meanwhile, halve, peel and chop the **onion** into small pieces.

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

c) Halve the **chilli** lengthways, deseed then finely chop.



Finish Up!

a) Add the **spinach** to the **sauce** a handful at a time until it's wilted and piping hot, 1-2 mins.

b) Simmer until the sauce has reduced slightly, the **chicken** is cooked and the flavours have developed, 3-4 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*

c) Stir the **mango chutney** and **half** the **coriander** through the curry.

e) Taste and season with more **salt** and **pepper** if you like.



Start Cooking!

a) Heat a drizzle of **oil** in a large frying pan.

b) Once hot, add the **diced chicken** and stir-fry until turning golden, 3-4 mins.

c) Add the **onion** and continue to cook, stirring, until it's softened, 2-3 mins.



Serve!

a) Stir the remaining **coriander** through the **rice**.

b) Divide the **rice** and **curry** between your bowls.

c) Top with the remaining **green chilli**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.