HELLO FRESH

Chicken and Spinach Curry
with Basmati Rice & Mango Chutney

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

Basmati Rice

Onion

Garlic Clove

Green Chilli

Diced Chicken Thigh

Korma Style Paste

Tomato Puree

Tomato Passata

Chicken Stock Paste

Coriander

Baby Spinach

Mango Chutney

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 Style Paste 9)	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
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	542g	100g
Energy (kJ/kcal)	2942 /703	543 /130
Fat (g)	21	4
Sat. Fat (g)	5	1
Carbohydrate (g)	86	16
Sugars (g)	23	4
Protein (g)	41	8
Salt (g)	3.31	0.61

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.

1

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.

2

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.

3

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. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*

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

4

Add Flavour

a) Add the **korma style paste**, **garlic**, **half** the **green chilli** (careful, it's hot - add less if you don't like heat), and **tomato puree**.

b) Cook, stirring, for 1 min, then add the **passata**, **water** (see ingredients for amount) and **stock paste** 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).

5

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 no longer pink in the middle.*

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

d) Taste and season with more **salt** and **pepper** if needed.

6

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.*