

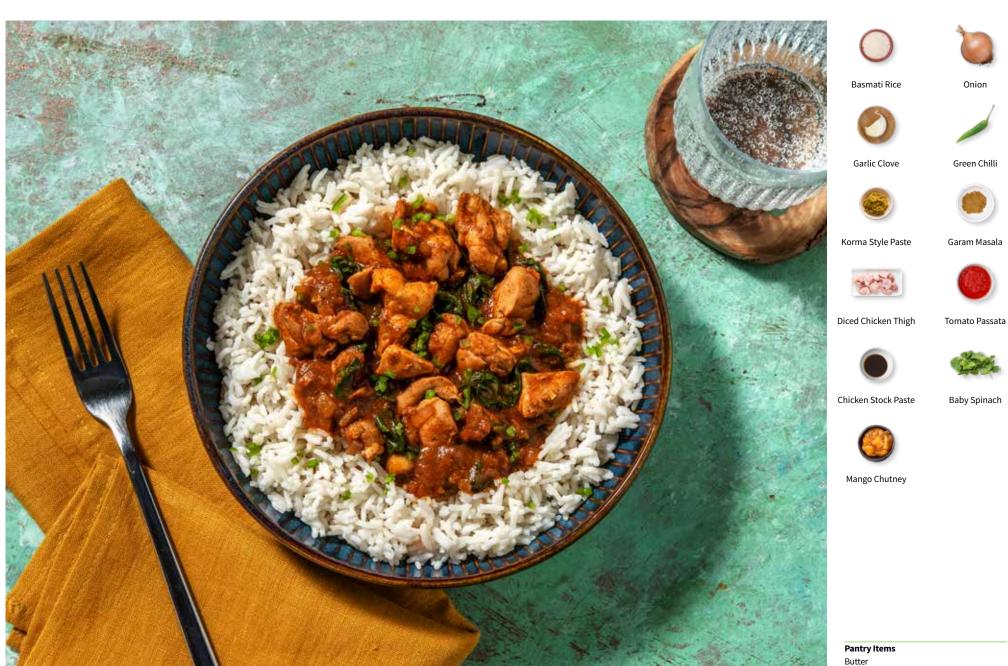
Chicken and Spinach Curry

with Basmati Rice and Mango Chutney



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





Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan with lid, sieve, garlic press and frying

Ingredients

	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Onion**	1	1	2	
Garlic Clove**	1	2	2	
Green Chilli**	1/2	1	1	
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets	
Garam Masala	1 sachet	1 sachet	2 sachets	
Diced Chicken Thigh**	280g	420g	560g	
Tomato Passata	1 carton	1½ cartons	2 cartons	
Water for the Sauce*	100ml	150ml	200ml	
Chicken Stock Paste	10g	15g	20g	
Baby Spinach**	100g	150g	200g	
Mango Chutney	1 sachet	2 sachets	2 sachets	
Butter*	20g	30g	40g	
*Not Included **Store in the Fridge				

Nutrition

Per serving	Per 100g
487g	100g
3192 /763	656/157
28.8	5.9
9.9	2.0
85.0	17.5
20.6	4.2
39.4	8.1
3.44	0.71
	487g 3192/763 28.8 9.9 85.0 20.6 39.4

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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, milk, egg, mustard, celery, soya, 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.

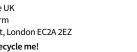
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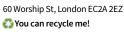
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Cook the Rice

- a) Boil a full kettle.
- **b)** When boiling, pour the **water** into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.
- c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Get Prepped

- a) While the rice cooks, 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.



Fry the Onion

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the onion and cook, stirring, until softened, 3-4 mins.



Build the Flavour

- a) Stir in the korma style paste, garam masala, garlic and half the green chilli (careful, it's hot add less if you don't like heat). Cook, stirring, for 1 min.
- b) Stir in the chicken, passata, water for the sauce (see ingredients for amount) and chicken **stock paste**. Bring to the boil and season with salt and pepper. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- c) Lower the heat slightly and simmer until thickened, 8-10 mins.



Finish Up

- a) Once thickened, add the spinach to the sauce a handful at a time until wilted and piping hot, 1-2 mins.
- b) Simmer until the sauce has reduced slightly and the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- c) Stir through the mango chutney and butter (see ingredients for amount).
- d) Taste and season with salt and pepper if needed.



Serve

- a) Fluff up the rice with a fork, then divide between vour bowls.
- b) Top with the chicken curry.
- c) Finish with a sprinkle of the remaining green chilli.

Enjoy!