

# Chicken and Spinach Curry

with Basmati Rice and Mango Chutney

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













Garlic Clove





Green Chilli

Diced Chicken Thigh



Tomato Puree





Chicken Stock Paste





Baby Spinach



Coriander

Mango Chutney





#### **CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

# Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Saucepan with Lid, Sieve, Garlic Press, Frying Pan. **Ingredients** 

9. 00000			
	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	1/2	1	1
Diced Chicken Thigh**	280g	420g	560g
Diced Chicken Breast**	280g	420g	560g
Korma Curry 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	496g	100g
Energy (kJ/kcal)	2916 /697	588/141
Fat (g)	20	4
Sat. Fat (g)	5	1
Carbohydrate (g)	87	18
Sugars (g)	23	5
Protein (g)	40	8
Salt (g)	3.27	0.66
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 496g	Per 100g 100g
for uncooked ingredient	496g	100g
for uncooked ingredient Energy (kJ/kcal)	<b>496g</b> 2600 /621	<b>100g</b> 525/125
for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>496g</b> 2600 /621 9	100g 525/125 2
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	<b>496g</b> 2600 /621 9 2	100g 525/125 2 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	<b>496g</b> 2600 /621 9 2 87	100g 525/125 2 1 18

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.

#### HelloFresh UK

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







#### **Get Started**

- a) Bring a large saucepan of water to the boil with a 1/4 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.



# **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.



# **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.



## **CUSTOM RECIPE**

If you've opted to get chicken breast instead of chicken thigh, cook the chicken in the same way, then continue with the recipe as instructed.



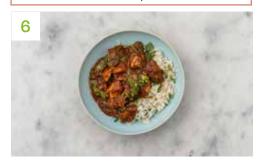
#### Add Flavour

- a) Add the korma curry 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. 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).



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



#### 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.

## Enjou!