



Chicken and Spinach Curry with Basmati Rice and Mango Chutney

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

16



Basmati Rice



Onion



Garlic Clove



Green Chilli



Diced Chicken Thigh



Korma Curry Paste



Tomato Puree



Tomato Passata



Chicken Stock Paste



Coriander



Baby Spinach



Mango Chutney



Diced Chicken Breast



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 use them!

Cooking tools, you will need:

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

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
 Diced Chicken Breast**	280g	420g	560g
Korma Curry Paste**	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
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	2600/621	525/125
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	87	18
Sugars (g)	23	5
Protein (g)	46	9
Salt (g)	3.27	0.66

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.

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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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.



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**.

Enjoy!