



Chicken and Spinach Curry with Basmati Rice and Mango Chutney

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

16



Basmati Rice



Red Onion



Garlic Clove



Red Chilli



Korma Style Paste



Garam Masala



Diced Chicken Thigh



Tomato Passata



Chicken Stock Paste



Coriander



Baby Spinach



Mango Chutney



Diced Chicken Breast

Pantry Items

Water, Butter

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.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, sieve, lid, garlic press and frying pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Red Chilli**	1	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
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	100g	100g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets
Butter*	20g	30g	40g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	3247 / 776	591 / 141
Fat (g)	29	5
Sat. Fat (g)	10	2
Carbohydrate (g)	87	16
Sugars (g)	20	4
Protein (g)	41	8
Salt (g)	3.49	0.64

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	2931 / 701	534 / 128
Fat (g)	18	3
Sat. Fat (g)	7	1
Carbohydrate (g)	87	16
Sugars (g)	20	4
Protein (g)	46	9
Salt (g)	3.49	0.64

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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Cook the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp 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.



Build the Flavour

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

b) Cook, stirring, for 1 min, then add the **chicken**, **passata**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to a simmer. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

c) Season with **salt** and **pepper** and simmer until thickened, 8-10 mins.

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

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



Get Prepped

a) While the **rice** cooks, halve, peel and chop the **red 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) 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, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

c) Stir through the **mango chutney**, **butter** (see ingredients for amount) and **half the coriander**.

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



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.



Serve

a) Fluff up the cooked **rice** with a fork and stir through the remaining **coriander**.

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

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

Enjoy!