



# Chicken, Chickpea and Spinach Korma with Mango Chutney and Rice

**Extra Rapid** 10 Minutes • Little Spice • 1 of your 5 a day

27



Shallot



Chickpeas



Korma Curry Paste



Coconut Milk



Chicken Stock Powder



Pulled Chicken



Baby Spinach



Steamed Basmati Rice



Mango Chutney

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Sieve and Large Frying Pan

## Ingredients

	2P	3P	4P
Shallot**	1	1	2
Chickpeas	1 carton	1½ cartons	2 cartons
Korma Curry Paste 9)	1 sachet	1½ sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	75ml	100ml	150ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Pulled Chicken**	200g	300g	400g
Baby Spinach**	100g	150g	200g
Steamed Basmati Rice	1 pouch	2 pouches	2 pouches
Mango Chutney	1	1½	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>569g</b>	<b>100g</b>
Energy (kJ/kcal)	3149 /753	554 /132
Fat (g)	31	6
Sat. Fat (g)	18	3
Carbohydrate (g)	70	12
Sugars (g)	17	3
Protein (g)	42	7
Salt (g)	3.88	0.68

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.

## Contact

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You can recycle me!



1



2



3



## Get Started

- Halve, peel and thinly slice the **shallot**.
- Drain and rinse the **chickpeas** in a sieve.
- Heat a drizzle of **oil** in a large frying pan over medium-high heat.
- Once hot, add the **shallot** and cook, stirring, until soft, 2-3 mins.
- Add the **korma paste** and cook, stirring, until fragrant, 1 minute.

## Simmer

- Add the **coconut milk**, **water** (see ingredients for amount) and **chicken stock powder** and stir well to combine.
- Add the **chicken** and **chickpeas**, stir and season with **salt** and **pepper**.
- Bring to a simmer and cook until slightly thickened and everything is piping hot, 2-3 mins.
- Add the **spinach** a handful at a time, stirring, until wilted, 2-3 mins.
- While the **spinach** is wilting, heat the **rice** according to pack instructions.

## Finish Up

- When everything is ready, stir the **mango chutney** through the **curry**.
- Taste and season with **salt** and **pepper** if it needs it.
- Divide the **rice** between plates and top with the **curry**.

## 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.