



CHICKEN & PRAWN PILAF

with Veggies and Minty Yoghurt Topping



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Red Onion



Green Pepper



King Prawns



Diced Chicken Thighs



Poudre de Colombo



Tomato Purée



Basmati Rice



Chicken Stock Pot



Carrot



Mint



Greek Yoghurt



Lemon



Baby Spinach



MEAL BAG



Hands-on: **10** mins
Total: **35** mins



3 of your
5 a day



Family Box



Enjoy within
3 days

Requiring minimal effort, but resulting in maximum flavour, our family friendly pilaf takes 'one-pot wonders' to dizzying new heights. Bursting with deliciously fresh flavours and packed with lots of hidden veg, this colourful dish will delight even the fussiest of eaters. Place this beautiful pot right in the middle of your dinner table, serve up with fresh minty yoghurt, and enjoy in a traditional, communal style. No mealtime meltdowns in sight!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Peeler** and **Coarse Grater**. Now, let's get cooking!



1 CARAMELISE THE ONION

Halve, peel and thinly slice the **red onion** into half moons. Heat a glug of **oil** in a large saucepan on medium heat and add the **onion**. Stir and cook until really soft and slightly browned and caramelised, 8-10 mins. Add in a pinch of **sugar** halfway through cooking (if you have some).



2 PREP TIME

Meanwhile, halve, then remove the core from the **pepper** and chop into 1cm chunks. Chop each **prawn** into about three pieces. Once the **onion** is cooked, turn the heat up to medium-high, add the **chicken** and **pepper** and cook until the **chicken** is slightly browned and the **pepper** softened, 5 mins.



3 COOK THE RICE

Stir the **poudre de colombo** and **tomato purée** into the **veg** and **chicken**, fry for 1 minute to cook the **spices**. Add the **prawns** and **rice** and stir well. Pour in the **water** (see ingredients for amount) and add the **stock pot** and a pinch of **salt** and **pepper**. Stir to dissolve and bring to the boil. Once boiling, stir again, turn the heat to medium-low, pop a lid on the pan and leave to cook for 10 mins.



4 FINISH THE PREP

While the **rice** cooks, remove the top and bottom from the **carrot**, peel and grate on a coarse grater. Once the **rice** has cooked for 10 mins, remove the pan from the heat and set aside (still covered) for another 10 mins (don't be tempted to peek under the lid!). ★ **TIP:** The rice will finish cooking in its own steam.

❗ **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5 FINISH OFF

While the **rice** steams, pick the **mint leaves** from their stalks and finely chop (discard the stalks). Stir half the **mint** through the **Greek yoghurt** in a small bowl. Heat a splash of **oil** in a frying pan over medium heat. Once hot, add the **spinach** and a pinch of **salt** and **pepper**, cook for 3-4 mins or until wilted. Add the cooked **spinach** into the **rice** mixture and stir through.



6 SERVE

Once the **rice** is cooked, fluff it up with a fork, then squeeze in a little **juice** from half the **lemon** (cut the remainder into wedges). Stir the **carrot** through the **rice**. Bring the pan to your table and serve the **pilaf** in bowls with a spoonful of **minty yoghurt** and the rest of the **mint** sprinkled on top. Squeeze over a little more **lemon juice**. **Enjoy!**

4 PEOPLE INGREDIENTS

Red Onion, sliced	2
Green Pepper, chopped	1
King Prawns, chopped 5)	180g
Diced Chicken Thighs	280g
Poudre de Colombo 9)	1 tbsp
Tomato Purée	30g
Basmati Rice	300g
Water*	600ml
Chicken Stock Pot	1
Carrot, grated	2
Mint, chopped	1 bunch
Greek Yoghurt 7)	1 pot
Lemon	1
Baby Spinach	1 small bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 479G	PER 100G
Energy (kcal)	563	118
(kJ)	2355	492
Fat (g)	12	3
Sat. Fat (g)	5	1
Carbohydrate (g)	75	16
Sugars (g)	15	3
Protein (g)	38	8
Salt (g)	2.01	0.42

ALLERGENS

5) Crustaceans 7) Milk 9) Mustard

Poudre de Colombo: Cumin Seeds, Coriander Seeds, Fenugreek, Black Peppercorns, Black **Mustard** Seeds, Turmeric, Clove Buds.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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