



# Chicken Korma-Style Curry

with Green Beans and Rice

Classic 30 Minutes • Little Heat

N° 10



Jasmine Rice



Shallot



Green Beans



Chicken Breast



Diced Chicken Thigh



Korma Curry Paste



Honey



Chicken Stock Powder



Crème Fraîche



## 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

### Cooking tools, you will need:

Saucepan, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Shallot**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Chicken Breast**	2	3	4
 Diced Chicken Thigh**	280g	420g	560g
Korma Curry Paste <b>9)</b>	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for Curry*	50ml	75ml	100ml
Crème Fraîche <b>7)</b> **	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>2879g</b>	<b>100g</b>
Energy (kJ/kcal)	2814 / 673	98 / 23
Fat (g)	21	1
Sat. Fat (g)	7	1
Carbohydrate (g)	75	3
Sugars (g)	13	1
Protein (g)	48	2
Salt (g)	2.38	0.08
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>359g</b>	<b>100g</b>
Energy (kJ/kcal)	3035 / 726	847 / 203
Fat (g)	31	9
Sat. Fat (g)	10	3
Carbohydrate (g)	75	21
Sugars (g)	13	4
Protein (g)	38	11
Salt (g)	2.36	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens


**7) Milk 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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### Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **jasmine rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



### Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces. Trim the **green beans** then chop them into thirds.



### Cook the Chicken

Chop the **chicken** into 2cm chunks. **IMPORTANT:** Wash your hands after handling raw meat. Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **diced chicken pieces** and fry until golden, turning occasionally until browned on all sides, 6-8 mins. Season with **salt** and **pepper** as it cooks.



### CUSTOM RECIPE

If you've chosen **diced chicken thigh** instead of **chicken breast**, there's no need to chop the thigh up. Just cook the **diced thigh** in the same way the recipe tells you to cook the **diced breast** in the step above and in the rest of the recipe.



### Make the Sauce

Once the **chicken** has browned, add the **shallot** and cook until softened, 3-4 more mins, stirring occasionally. Once softened, add the **korma curry paste**, **honey**, **stock powder** and **water** (see ingredients for amount), stir to mix it all together. Add the **crème fraîche** and **green beans** and stir until fully combined. Bring to the boil and simmer until the **beans** are tender and the **chicken** is cooked through, 4-5 mins, stirring occasionally. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



### Quick Tidy Up

While you wait for everything to finish, have a quick tidy up.



### Serve Up

Taste and season the **curry** with **salt** and **pepper** if you think it needs it. Divide the **rice** between plates and top with the **chicken korma curry**.

### Enjoy!