



Chicken Tikka-Style Curry

with Green Beans and Rice

Calorie Smart Eat Me Early • 30 Minutes • Under 600 Calories • 2 of your 5 a day



Curry Powder



Greek Yogurt



Diced Chicken Thigh



Onion



Green Beans



Garlic Clove



Mustard Seeds



Korma Curry Paste



Tomato Passata



Chicken Stock Powder



Steamed Basmati Rice

Before you start

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

Cooking tools, you will need:

Bowl, Baking Tray, Tin Foil, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Curry Powder 9)	1 small pot	1 small pot	1 large pot
Greek Yoghurt 7) **	75g	150g	150g
Diced Chicken Thigh**	210g	350g	420g
Onion**	1	1	2
Green Beans**	80g	150g	150g
Garlic Clove**	2 cloves	3 cloves	4 cloves
Mustard Seeds 9)	1 small pot	1 small pot	1 large pot
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2414/577	468/112
Fat (g)	24	5
Sat. Fat (g)	7	1
Carbohydrate (g)	58	11
Sugars (g)	15	3
Protein (g)	32	6
Salt (g)	2.68	0.52

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.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Prep the Chicken

Preheat your oven to 200°C. Pop the **curry powder** in a bowl and add **a third** of the **yoghurt**. Season with **salt** and **pepper** and mix together. Add the **chicken** and stir to coat in the **spiced yoghurt**. Line a baking tray with foil and pop the **chicken** on the tray in a single layer. **IMPORTANT:** Wash your hands after handling raw meat. Set aside for a couple of mins.



2 Prep the Veg

Halve, peel and thinly slice the **onion**. Trim the **green beans** and cut into three pieces. Peel and grate the **garlic** (or use a garlic press).



3 Cook the Chicken

Bake the **chicken** on the top shelf of your oven until slightly golden and cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



4 Curry Time

Heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **onion**, reduce the heat to medium and fry until it's evenly golden and starting to soften, 5-6 mins. Add the **green beans** and stir-fry with the **onion** until starting to char, 2-3 mins. Add the **mustard seeds, garlic** and **korma paste**, stir and cook for 1 minute, then add the **passata, water** (see ingredients for amount) and **chicken stock powder**.



5 Simmer

Season the **sauce** with **salt, pepper** and a pinch of **sugar**. Bring to the boil, then reduce the heat to medium and simmer until reduced by a third, 4-5 mins. Meanwhile, cook the **rice** according to pack instructions. Once the **chicken** is cooked, add it to the **sauce** with any **juices** and stir to combine. Remove from the heat and stir in the remaining **greek yoghurt**. **TIP:** Don't boil the yoghurt or it might split.



6 Finish and Serve

Taste the **sauce** and add **salt** and **pepper** if you feel it needs it, add a splash of **water** too if you feel it needs loosening up. Serve the **rice** in bowls topped 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.