



Coronation Chicken Curry

with Fluffy Rice and Green Beans

Family Eat Me Early Hands On Time: 20 Minutes • Total Time: 25 Minutes • Little Spice

N° 7



Basmati Rice



Echalion Shallot



Green Beans



Garlic Clove



Coriander



Diced Chicken Breast



Curry Powder



Mango Chutney



Chicken Stock Paste



Soured Cream

Before you start

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

Cooking tools, you will need:

Measuring Jug, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Curry Powder	1 sachet	1 sachet	2 sachets
Mango Chutney	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
Soured Cream 7)**	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2674 /639	685 /164
Fat (g)	18	5
Sat. Fat (g)	9	2
Carbohydrate (g)	76	19
Sugars (g)	14	4
Protein (g)	44	11
Salt (g)	1.42	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Packed in the UK

The Fresh Farm

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You can recycle me!



Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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

Halve, peel and thinly slice the **shallot**. Trim the **green beans** then chop into thirds. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until the **chicken** is browned, 5-6 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. **TIP:** Fry the chicken in batches if your pan is small as you want it to fry, not stew. Once the **chicken** is browned, add the **shallot** to the pan and cook with the **chicken**, stirring frequently until softened, 3-4 mins.



Simmer

Stir in the **garlic**, **curry powder** and **mango chutney** to coat the **chicken**, and cook for 1 min. Pour in the **water** (see ingredients for amount) and stir in the **chicken stock paste**. Add the **beans**, bring to the boil, then reduce the heat to medium and cover the pan with a lid or some tin foil. Simmer until the **beans** are tender, about 5-7 mins.



Finish Off

Once the **beans** are tender and the **chicken** is cooked, remove the lid and stir in the **soured cream**, bring to the boil, then remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Stir in **half** the **coriander**. Taste and add **salt** and **pepper** if you feel it needs it.



Serve

Fluff up the **rice** with a fork and serve with the coronation **chicken** on top and sprinkle over the remaining **coriander**.

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.