

Coronation Chicken Curry

with Fluffy Rice and Green Beans









Basmati Rice









Garlic Clove

Green Beans





Diced Chicken Breast

Coriander





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

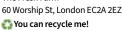
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Cook the Rice

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**. Stirfry 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.