

Coronation Chicken Curry















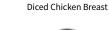
Green Beans





Garlic Clove

Coriander





Curry Powder



Mango Chutney



Chicken Stock Paste



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press and frying pan.

Ingredients

| | 2P | 3P | 4P | |
|-------------------------------------|----------|------------|-----------|--|
| Water for the Rice* | 300ml | 450ml | 600ml | |
| Basmati Rice | 150g | 225g | 300g | |
| Red Onion** | 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* | 100ml | 175ml | 250ml | |
| Chicken Stock Paste | 10g | 15g | 20g | |
| Creme Fraiche** 7) | 150g | 225g | 300g | |
| *Not Included **Store in the Fridge | | | | |

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 417g | 100g |
| Energy (kJ/kcal) | 3067 /733 | 735/176 |
| Fat (g) | 27 | 6 |
| Sat. Fat (g) | 15 | 4 |
| Carbohydrate (g) | 79 | 19 |
| Sugars (g) | 16 | 4 |
| Protein (g) | 44 | 11 |
| Salt (g) | 1.42 | 0.34 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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 salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. 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

While the **rice** cooks, halve, peel and thinly slice the **red onion**. Trim the **green beans** and 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 all over, 5-6 mins. IMPORTANT: Wash your hands and equipment after handling raw 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 **onion** to the pan and cook, stirring frequently, until softened, 3-4 mins.



Simmer your Sauce

Stir in the garlic, curry powder and mango chutney to coat the chicken and cook for 1 min. Pour in the water for the sauce (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 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 **creme fraiche**. 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 needed.



Serve

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

Enjoy!