



CREAMY CHICKEN CURRY

with Mangetout and Fluffy Rice



HELLO MANGETOUT

Mangetout is French and means 'eat it all!'.



Basmati Rice



Diced Chicken Breast



Tomato Purée



Sri Lankan Curry Powder



Finely Chopped Tomatoes with Garlic & Onion



Chicken Stock Powder



Green Chilli



Mangetout



Greek Yoghurt

MEAL BAG

Hands on: **10** mins
Total: **35** mins

Family Box

1 of your
5 a day

Little heat

It's no coincidence that Chef Mimi's creamy curry is packed with crunchy mangetout beans. 'Mange Tout' in French means 'eat it all' and that's just what you'll want to do with this great dish. Packing a serious flavour punch from our specially made Sri Lankan spice blend, and made perfectly creamy by the addition of Mimi's favourite ingredient, Greek yoghurt, this is the perfect thing to enjoy for your next curry night.



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Large Frying Pan** (with a **Lid**). Now, let's get cooking!



1 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **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).



2 FRY THE CHICKEN

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **diced chicken**. Season with a pinch of **salt** and **pepper**. Stir and cook until browned, turning occasionally, about 5 mins. **★ TIP:** *You may need to do this in batches if your pan is small - you want the chicken to brown, not stew.*



3 ADD THE FLAVOUR

Return all the **chicken** to the pan and add the **tomato purée** and **Sri Lankan curry powder**. Stir together and cook for 1-2 mins. Pour in the **chopped tomatoes**, **stock powder** and **water** for the curry (see ingredients for amount). Stir to dissolve the **stock powder** and bring to the boil. Reduce the heat to low and simmer until the **curry** has thickened slightly, 10 mins.



4 SIMMER THE SAUCE

While the curry bubbles away, halve the **chilli**, deseed then chop finely. Do any washing up whilst you have a moment.



5 FINISH UP

Once the **curry** has cooked for 10 mins, add the **mangetout**, cover with a lid (or some foil) and simmer until the **chicken** is cooked, 5 more mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Remove from the heat and stir in the **Greek yoghurt**.



6 SERVE

Taste and add more **salt** and **pepper** to the **curry** if you think it needs it. Fluff up the **rice** with a fork and spoon into bowls. Divide the **curry** between your bowls, adding a sprinkling of chopped **chilli** for those who want a bit of a kick. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Breast	280g	420g	560g
Tomato Purée	½ sachet	¾ sachet	1 sachet
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water for the Curry*	50ml	75ml	100ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Green Chilli *	½	½	½
Mangetout *	1 large pack	1 large pack	2 large packs
Greek Yoghurt 7) *	100g	150g	200g

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 561G	PER 100G
Energy (kJ/kcal)	2588 / 619	462 / 110
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	81	14
Sugars (g)	17	3
Protein (g)	47	9
Salt (g)	2.32	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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