



Creamy Chicken Curry

to Spiced Chicken Burrito

DINNER TO LUNCH 40 Minutes • Medium Heat

N° 18

DINNER



LUNCH



Diced Chicken Thigh



Zanzibar Curry Powder



Creme Fraiche



Knorr Chicken Stock Powder



Jasmine Rice



Red Onion



Courgette



Cucumber



Vine Tomato



Coriander



Lime



Mango Chutney



Whole Wheat Soft Tortillas

Before you start

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

Basic cooking tools, you will need:

Large Baking Tray, Measuring Jug and two Saucepans (one with a Lid).

Ingredients

	2P	3P	4P
Diced Chicken Thigh	560g	700g	840g
Zanzibar Curry Powder 9)	1 pot	2 pots	2 pots
Half Fat Creme Fraiche 7)	100g	150g	200g
Water for the Rice*	450ml	600ml	750ml
Knorr Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Jasmine Rice	225g	300g	375g
Red Onion	1	1	2
Courgette	1	1½	2
Water for the Curry*	100ml	150ml	200ml
Cucumber	½	½	½
Vine Tomato	2	2	2
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1	1
Mango Chutney	1 pot	1 pot	1 pot
Whole Wheat Soft Tortilla 13)	4	4	4

*Not Included

Nutrition for uncooked Ingredients

DINNER	Per serving 428g	Per 100g
Energy (KJ/kcal)	2312/ 552	541/ 129
Fat (g)	12	3
Sat. Fat (g)	10	2
Carbohydrate (g)	74	17
Sugars (g)	7	2
Protein (g)	39	9
Salt (g)	1.39	0.33
LUNCH	Per serving 580g	Per 100g
Energy (KJ/kcal)	2705/ 646	467/ 111
Fat (g)	16	3
Sat. Fat (g)	10	2
Carbohydrate (g)	83	14
Sugars (g)	22	4
Protein (g)	42	7
Salt (g)	3.59	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Gluten

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.



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1. Grill the Chicken

Preheat your grill to high. Line a large baking tray with foil. Pop the **chicken pieces** on the baking tray and season with **salt** and **half the Zanzibar curry powder**. Spoon on **half of the creme fraiche** and use your hands to rub the **creme fraiche** and seasoning all over the **chicken**. Arrange in one layer and grill until charred and cooked through, 15-16 mins. Turn halfway through cooking. **IMPORTANT:** Wash your hands after handling raw meat.



4. Prep the Salsa

Whilst everything is cooking, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Chop the **tomatoes** into small chunks. Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**. Mix the **cucumber** and **tomato** together in a medium bowl along with **half the coriander**. Add a squeeze of **lime juice**, a pinch of **zest** and a glug of **olive oil**. Keep to one side.



2. Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) and **half the Knorr chicken stock** into a saucepan and bring to the boil. When boiling, 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).



5. Finish and Serve

When the **chicken** is cooked, keep 2 portions to one side and allow to cool. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Transfer the rest to the saucepan with the **curry** and stir in the remaining **creme fraiche**. Return the pan to a medium heat until everything is piping hot, 2 mins. Season to taste with **salt, pepper** and **lime juice**. Fluff up the **rice**, (keep 2 portions for your lunch) and share between your bowls. Serve the **curry** on top and finish with a spoonful of **salsa**.



3. Start the Curry

Meanwhile, halve, peel and thinly slice the **red onion**. Trim the **courgette**, quarter lengthways and chop into small pieces. Heat a splash of **oil** in a saucepan over medium high heat. Add the **onion** and cook until soft, 3-4 mins. Add the **courgette**, remaining **Zanzibar spice** and **Knorr stock**, stir and cook for a minute. Add the **water** (see ingredients for amount) and simmer until the **courgette** is tender, 4-5 mins. Remove from the heat.



6. Make your Lunch

Mix the remaining **cooled chicken, salsa** and **rice** in a bowl with the **chutney**. Season with **salt** and **pepper**. Lay a tortilla on a board. Spoon 1/4 of the mix down the middle (leaving some space at each end). Fold the two short ends in over the **filling** then the two longer sides. Repeat so you have 2 **wraps** each. Wrap in foil and refrigerate. Enjoy cold the following day.

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