



CREAMY CHICKEN CURRY

with Green Beans and Fluffy Rice



HELLO GARLIC

Garlic was used as an antiseptic during World Wars I and II



Onion



Garlic Purée



Green Beans



Chicken Breast



Water for the Rice



Basmati Rice



Tomato Purée



Sri Lankan Curry Powder



Diced Tomatoes



Chicken Stock Pot



Water for the Curry



Double Cream

35 mins

Family Box

2 of your 5 a day

Little Heat

We believe that sharing is caring, which is why it's no secret what makes our creamy chicken curry so delicious. The Sri Lankan style curry blend in this dish is a mix of some classic Sri Lankan spices and herbs like cardamom, fenugreek seeds and cayenne. You'll rarely find this blend anywhere else and it really portrays the true taste of Sri Lanka.

BEFORE YOU START

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



1 PREP TIME!

Halve, peel and thinly slice the **onion** into half moons. Trim the tops from the **green beans** and then chop each one into four pieces. Thinly slice the **chicken breast** widthways into ½cm wide strips. **★ TIP:** Remember to wash your hands after handling raw meat!



2 COOK THE RICE

Pour the **water** (amount specified in the ingredient list) into a large saucepan with a pinch of **salt**. Bring to the boil on high heat and then add the **basmati rice**. Stir and then cover with a lid. Reduce the heat to medium and simmer, 10 mins. Once the 10 mins is up, remove from the heat and leave for another 10 mins (or until the curry is ready). **★ TIP:** Don't take the lid off as the rice will finish cooking in its own steam.



3 FRY THE CHICKEN

In the meantime, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **chicken**. Season with a pinch of **salt** and **black pepper**. Stir and cook until browned, 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.



4 SIMMER THE CURRY

Add the **onion** to your frying pan, stir together and cook until the **onion** is soft, 5-6 mins. Add the **garlic purée**, **tomato purée** and **Sri Lankan curry powder**. Stir together and cook for 1 minute. Pour in the **diced tomatoes**, **chicken stock pot** and **water** (amount specified in the ingredient list). Stir to dissolve the **stock pot** and bring to the boil. Reduce the heat to low and simmer until the curry has thickened slightly, 10 mins.



5 ADD THE BEANS

Once the curry has cooked for 10 mins, add the **double cream** and simmer for 5 mins, then add the **green beans**, cover with a lid (or some foil) and simmer until the **beans** are cooked, 5 more mins.



6 SEASON AND SERVE

Taste and add **salt** and **black 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. **Enjoy!**

4 PEOPLE INGREDIENTS

Onion, sliced	1
Garlic Purée, grated	15g
Green Beans, trimmed	200g
Chicken Breast, sliced	4
Water for the Rice*	600ml
Basmati Rice	300g
Tomato Purée	30g
Sri Lankan Curry Powder	1½ tsp
Diced Tomatoes	1 tin
Chicken Stock Pot	1
Water for the Curry*	100ml
Double Cream 7)	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	677	144
(kJ)	2842	605
Fat (g)	23	5
Sat. Fat (g)	14	3
Carbohydrate (g)	69	15
Sugars (g)	10	2
Protein (g)	48	10
Salt (g)	2.60	0.55

ALLERGENS

7)Milk

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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