



Fragrant Chicken Curry with Zesty Rice

Classic 30 Minutes • Little Spice • 1 of your 5 a day



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Basmati Rice



Diced Chicken Breast



Zanzibar Curry
Spice Mix



Coconut Milk



Chicken Stock Paste



Lime



King
Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Garlic Press, Saucepan with Lid, Frying Pan, Zester, Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove	1	1	2
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Breast**	280g	420g	560g
Zanzibar Curry Spice Mix 9)	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Lime**	½	1	1
King Prawns 5)**	150g	180g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	489g	100g
Energy (kJ/kcal)	2758 /659	565 /135
Fat (g)	21	4
Sat. Fat (g)	16	3
Carbohydrate (g)	72	15
Sugars (g)	10	2
Protein (g)	45	9
Salt (g)	1.13	0.23

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	563g	100g
Energy (kJ/kcal)	2953 /706	525 /125
Fat (g)	21	4
Sat. Fat (g)	16	3
Carbohydrate (g)	72	13
Sugars (g)	10	2
Protein (g)	57	10
Salt (g)	2.11	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 9) Mustard

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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



1 Prep Time

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Roughly chop the **parsley** (stalks and all).



2 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).



3 Start the Curry

Meanwhile, heat a drizzle of **oil** in a frying pan over medium-high heat. Add the **chicken** and cook until brown all over, 5-6 mins. Turn occasionally. **TIP: Do this in batches if necessary - you don't want to stew the chicken.** Add the **shallot** and cook, stirring, until soft, 5 mins. **IMPORTANT: Wash your hands after touching chicken and its packaging.**



4 Finish the Curry

Add the **garlic**, **half** of the **parsley** and the **Zanzibar curry spice mix** to the **chicken**. Cook for one minute. Add the **coconut milk** and **chicken stock paste**. Bring to the boil, stir and lower the heat so the **curry** simmers gently. Cook for 10 mins. Add the **courgette**, then simmer until the **sauce** has thickened and the **courgette** is tender, 5-7 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** **TIP: Add a splash of water if the curry looks a bit dry.**



5 Finish the Rice

While the **curry** is cooking, zest and halve the **lime**. When the **rice** is ready, fluff it up with a fork. Stir in the **lime zest** and a small squeeze of **lime juice** (save some for the curry).



6 Serve

When the **curry** is cooked, taste and add **salt** and **pepper** if required. Stir in the remaining **parsley** and a squeeze of **lime juice**. Spoon the **rice** into bowls, top with the fragrant **chicken curry**.

Enjoy!

CUSTOM RECIPE

If you've added **prawns** to your meal, add the **prawns** to the **curry** halfway through the **courgette** cook time to cook for 3-4 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle. Wash your hands after touching raw prawns.**

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.