



Fragrant Chicken Curry

with Limey Rice

CUSTOMER FAVOURITES

40 Minutes • Little Heat • 1 of your 5 a day

N° 30



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Diced Chicken Breast



Basmati Rice



Zanzibar
Curry Spice



Coconut Milk



Chicken
Stock Powder



Lime

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press) and Two Saucepans.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	1 clove	2 cloves
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Zanzibar Curry Spice 9)	1 small pot	¾ large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Lime**	½	1	1

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	489g	100g
Energy (kJ/kcal)	2732 / 653	559 / 134
Fat (g)	20	4
Sat. Fat (g)	17	3
Carbohydrate (g)	72	15
Sugars (g)	9	2
Protein (g)	45	9
Salt (g)	0.94	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!

Packed in the UK



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).



4. Finish the Curry

Add the **garlic**, **half** of the **parsley** and the **Zanzibar curry powder** to the **chicken**. Cook for one minute. Add the **coconut milk** and **chicken stock powder**. 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. **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.



2. Start the Curry

Heat a drizzle of **oil** in a saucepan 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.



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**!).



3. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp 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).



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** and enjoy!

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.