



Fragrant Chicken Curry

with Courgettes and Zesty Rice

Family 30 Minutes • Mild Spice • 1 of your 5 a day

7



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Basmati Rice



Diced Chicken Breast



Zanzibar Curry Spice Mix



Coconut Milk



Chicken Stock Paste



Lime

Before you start

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

Cooking tools, you will need:

Garlic Press, Measuring Jug, Saucepan, Frying Pan and Zester.

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)	2 small pots	1 large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	489g	100g
Energy (kJ/kcal)	2726 / 651	558 / 133
Fat (g)	21	4
Sat. Fat (g)	16	3
Carbohydrate (g)	70	14
Sugars (g)	7	2
Protein (g)	45	9
Salt (g)	1.12	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

Contact

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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).

4



Finish the Curry

Add the **garlic**, **Zanzibar curry spice mix** and **half** the **parsley** to the **chicken**. Cook for 1 min.

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.

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 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).

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



Start the Curry

Meanwhile, heat a drizzle of **oil** in a frying pan over medium-high heat.

Add the **chicken** and cook until browned 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 handling raw chicken and its packaging.

6



Serve

When the **curry** is cooked, taste and add **salt** and **pepper** if needed. Stir in the remaining **parsley** and a squeeze of **lime juice**.

Spoon the **rice** into bowls and top with the **fragrant chicken curry**.

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.