



# Fragrant Chicken Curry with Zesty Rice

Classic 40 Minutes • 1 of your 5 a day

1



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Diced Chicken Breast



Basmati Rice



Zanzibar Curry Spice



Coconut Milk



Chicken Stock Powder



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 veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Frying Pan, Saucepan with Lid 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
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
King Prawns 5)**	150g	180g	250g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>488g</b>	<b>100g</b>
Energy (kJ/kcal)	2779/664	570/136
Fat (g)	21	4
Sat. Fat (g)	17	3
Carbohydrate (g)	73	15
Sugars (g)	10	2
Protein (g)	45	9
Salt (g)	0.97	0.20
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>563g</b>	<b>100g</b>
Energy (kJ/kcal)	2973/711	529/126
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	73	13
Sugars (g)	10	2
Protein (g)	56	10
Salt (g)	1.95	0.35

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 Start the Curry

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.



## 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).



## 4 Finish the Curry

Add the **garlic**, **half** 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 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** cooking time to cook for 3-4 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the center.**