



# Goan Style Chicken Curry

with Lime-Scented Basmati Rice

**RAPID** 20 Minutes • Medium Heat • 2 of your 5 a day

N° 14



Basmati Rice



Red Onion



Vine Tomato



Lime



Diced Chicken Thigh



Goan Xacuti Spice



Tomato Puree



Coconut Milk



Baby Spinach



## Before you start

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

### Basic cooking tools, you will need:

Large Saucepan and Large Frying Pan.

### Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	2
Vine Tomato	2	3	4
Lime**	1	1½	2
Diced Chicken Thigh**	210g	350g	420g
Goan Xacuti Spice	1 small pot	¾ large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	1 small tin	¾ large tin	1 large tin
Baby Spinach**	1 small bag	1 small bag	1 large bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2885/690	528/126
Fat (g)	27	5
Sat. Fat (g)	18	3
Carbohydrate (g)	72	13
Sugars (g)	11	2
Protein (g)	40	7
Salt (g)	0.41	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.  
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Cook the Rice

**a)** Bring a large saucepan of **water** to the boil for the **rice**.

**b)** Add the **rice** and a pinch of **salt** and boil for 8-10 mins, adjusting the heat if necessary, then drain in a sieve and return to the pan with the lid on, off the heat.



## 2. Prep Time

**a)** Meanwhile, halve, peel and thinly slice the **red onion**.

**b)** Roughly chop the vine **tomatoes** into chunks (don't worry too much about the size!).

**c)** Zest the **lime** then chop into wedges.



## 3. Fry the Chicken

**a)** Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **chicken**. **IMPORTANT:** Wash your hands after handling raw meat.

**b)** Stir-fry until golden, 3-4 mins, then add the **red onion**. Cook, stirring, for another 2 mins.



## 4. Cook the Curry

**a)** Stir in the **Goan Xacuti Spice** (careful, it's hot!) and **tomato puree**. Cook for 1 minute.

**b)** Add the **coconut milk** and **tomatoes**. Bring to the boil then reduce the heat and simmer, stirring occasionally, until thickened slightly and the **chicken** is cooked through, about 5 mins.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 5. Finish the Curry

**a)** Stir in the **spinach** a handful at a time, simmering for 1 min until wilted.

**b)** Remove from the heat and squeeze in **half the lime juice**.

**c)** Taste the **curry** and add **salt** and **pepper** if you feel it needs it.



## 6. Serve

**a)** Stir the **lime zest** through the **rice**.

**b)** Share the **rice** between your bowls and spoon the **curry** alongside.

**c)** Finish with **lime wedges** on the side.

**Enjoy!**