

# Jalfrezi-Style Chicken Curry

with Jasmine Rice and Naan

Rapid 20 Minutes • Little Heat • 1 of your 5 a day



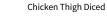






Jasmine Rice















Green Pepper





Jalfrezi Spice



**Chopped Tomatoes** 



Chicken Stock Powder



### Before you start

Our fruit and veggies need a little wash before you

### Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Fine Grater (or Garlic Press). Chopping Board, Sharp Knife and Baking Tray.

### Ingredients

	2P	3P	4P
Jasmine Rice	150g	225g	300g
Chicken Thigh Diced**	210g	350g	420g
Garlic**	2 cloves	3 cloves	4 cloves
Onion**	1	1	2
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Jalfrezi Spice	1 small pot	¾ large pot	1 large pot
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Naan <b>7) 13)</b>	2	3	4
***			

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	803g	100g
Energy (kJ/kcal)	3494 /835	435 /104
Fat (g)	14	2
Sat. Fat (g)	3	0
Carbohydrate (g)	133	17
Sugars (g)	19	2
Protein (g)	40	5
Salt (g)	2.15	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

7) Milk 13) Gluten

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

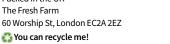
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# **Get Prepped**

- a) Bring a large saucepan of water to the boil with a 0.25 tsp of salt for the rice.
- b) When boiling, add the rice and cook for 12 mins.
- c) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



### Start the Curry

- a) Meanwhile, heat a drizzle of oil in a frying pan on medium-high heat.
- b) When hot, add the chicken and season with salt and pepper.
- c) Stir-fry until golden brown on the outside, 5-6 mins. IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



# Cook the Veg

- a) Peel and grate the garlic (or use a garlic press).
- b) Halve, peel and chop the onion into small pieces.
- c) Halve the green pepper and discard the core and seeds. Chop into 1cm sized chunks.
- d) Roughly chop the coriander (stalks and all).
- e) Add the onion and green pepper to the chicken and stir-fry until they have softened, 5-6 mins.



### Finish the Sauce

- a) Pop your grill onto high-heat for your naans.
- b) Once the vegetables are soft, add the jalfrezi spice mix and the garlic. Cook, stirring for one minute.
- c) Add the chopped tomatoes, chicken stock **powder** and **sugar** (see ingredients for amount) and stir together.
- d) Bring to the boil and simmer until the sauce has thickened, 4-5 mins.



### Warm the Naan

a) Place the naans under the grill and cook until toasted and golden, 2-3 mins.



### Serve Up

- a) Taste and season the curry with salt and pepper, if you think it needs it and stir through half the coriander.
- **b)** Fluff up the **rice** and share between your bowls.
- c) Top with the curry and a sprinkling of the remaining coriander.
- d) Serve with the naan.

### 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.