



MILD CHICKEN KORMA

with Basmati Rice



HELLO ALMOND

Over half the world's supply of almonds is grown in California.



Basmati Rice



Desiccated Coconut



Diced Chicken Breast



Green Beans



Honey



Korma Spice Blend



Chicken Stock Pot



Crème Fraîche



Ground Almonds



Red Chilli



Coriander

MEAL BAG

Hands on: **20** mins
Total: **35** mins

of your
5 a day

Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**) and **Large Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** *The rice will finish cooking in its own steam.*



2 TOAST THE COCONUT

Meanwhile, put a large frying pan on high heat (no oil) and add the **desiccated coconut**. Toast, stirring occasionally, until golden, 2-3 mins, then transfer to a small bowl and set aside (keep the pan).



3 FRY THE CHICKEN

Return the frying pan to high heat and add a drizzle of **oil**. When hot, add the **chicken**, lower the heat slightly and fry until golden brown all over, stirring occasionally, 4-5 mins. Meanwhile, trim the **green beans** and chop into thirds.



4 START THE CURRY

Drizzle the **honey** into the pan with the **chicken** and stir to coat. Now add the **beans** and **Korma spice blend** and cook, stirring, for 1 minute. Stir in the **water** (see ingredients for amount) and **stock pot** and simmer on low heat for 3-4 mins.



5 FINISH UP

Add the **crème fraîche** to the frying pan and stir, bring to the boil then reduce the heat to low. Stir in the **ground almonds** and simmer until you have a **creamy sauce**, 4-5 mins. Meanwhile, halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all). Add the **chilli** and **coriander** to the bowl with the **toasted coconut** and **mix**.



6 SERVE

Season the **curry** to taste with **salt** and **pepper** if needed. Fluff up the **rice** and serve in bowls topped with the **chicken korma**.
 + **TWIST IT UP:** For the adults, sprinkle over the **chilli mixture** for a bit of heat. **Enjoy!**

4 PEOPLE INGREDIENTS

In order of use

Water for the Rice*	600ml
Basmati Rice	300g
Desiccated Coconut	1 sachet
Diced Chicken Breast	420g
Green Beans	2 small packs
Honey	1 sachet
Korma Spice Blend	1 tbsp
Water for the Curry*	150ml
Chicken Stock Pot	1
Crème Fraîche 7)	1 large pot
Ground Almonds 2)	1 bag
Red Chilli	1
Coriander	1 bunch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 339G	PER 100G
Energy (kcal)	630	186
(kJ)	2636	777
Fat (g)	26	8
Sat. Fat (g)	12	4
Carbohydrate (g)	69	20
Sugars (g)	8	2
Protein (g)	36	11
Salt (g)	1.25	0.37

ALLERGENS

2) Nut 7) Milk

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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