



Speedy Zanzibar Chicken Curry

with Steamed Basmati Rice

N° 17

BALANCED 20 Minutes • Medium Heat • 1 of your 5 a day



Diced Chicken Thigh



Baby Corn



Green Beans



Red Pepper



Tomato Puree



Zanzibar Curry
Spice Mix



Chicken Stock Powder



Steamed Basmati Rice



Half Fat Crème
Fraîche

Before you start

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

Basic cooking tools you will need:

Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Baby Corn**	1 pack	1½ packs	2 packs
Green Beans**	1 small pack	¾ large pack	1 large pack
Red Pepper**	1	1	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Zanzibar Curry Spice Mix (9)	1 small pot	¾ large pot	1 large pot
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
Half Fat Crème Fraîche (7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	473g	100g
Energy (kJ/kcal)	2241 / 536	474 / 113
Fat (g)	22	5
Sat. Fat (g)	8	2
Carbohydrate (g)	46	10
Sugars (g)	8	2
Protein (g)	37	8
Salt (g)	1.07	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

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. Start the Curry

a) Heat a splash of **oil** in a large frying pan over medium-high heat.

b) When hot, add the **diced chicken thigh** and brown all over, stirring occasionally.

c) This will take around 3-4 mins.



2. Prep Time

a) Meanwhile, chop the **baby corn** in half widthways.

b) Trim the **green beans** and chop into thirds.

c) Halve the **pepper** and discard the core and seeds. Chop into 1cm pieces.



3. Spice It Up

a) Add the **baby corn, beans, pepper, tomato puree** and **Zanzibar curry powder** to the **chicken**. Stir and cook until fragrant, 2 mins.

b) Stir in the **water** (see ingredients for amount) and **chicken stock powder** and bring to a simmer.



4. Simmer The Curry

a) Cover the pan with a lid or foil and simmer until the **veg** are tender and the **chicken** is cooked through, 4-5 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5. Cook The Rice

a) Cook the **rice** according to the pack instructions.

b) Meanwhile, stir the **half fat creme fraiche** into the **curry** and gently heat through until piping hot.



6. Finish and Serve

a) Divide the **rice** between your bowls.

b) Spoon your **curry** on top of your rice.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • High Protein

Featured Ingredient: Red Peppers, are a source of Vitamin C, which acts as an antioxidant that contributes to the protection of cells from oxidative stress.