

Korma and Mango Chutney Glazed Chicken

with Green Beans, Couscous and Tomato Salsa



Rapid 20 Minutes • Mild Spice • 1 of your 5 a day







Green Beans







Chicken Stock











Thigh



Ground Turmeric



Mango Chutney



Greek Style Natural Yoghurt

Korma Style



Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, frying pan and bowl.

Ingredients

9. 00000						
Ingredients	2P	3P	4P			
Green Beans**	80g	150g	150g			
Garlic Clove**	1	2	2			
Chicken Stock Paste	10g	15g	20g			
Couscous 13)	120g	180g	240g			
Diced Chicken Thigh**	260g	390g	520g			
Medium Tomato	1	2	2			
Ground Turmeric	½ sachet	¾ sachet	1 sachet			
Korma Style Paste 9)	50g	75g	100g			
Mango Chutney	40g	60g	80g			
Greek Style Natural Yoghurt** 7)	75g	120g	150g			
Diced Chicken Breast**	260g	390g	520g			
Pantry	2P	3P	4P			
Water for the Couscous*	240ml	360ml	480ml			
Water for the Sauce*	50ml	75ml	100ml			
*Not Included **Store in the Fridge						

Mutnition

NULTILION			Custom Recipe	
Typical Values	Per	Per	Per	Per
	serving	100g	serving	100g
for uncooked ingredient	376g	100g	376g	100g
Energy (kJ/kcal)	2638/631	703/168	2377 /568	633/151
Fat (g)	23.4	6.2	13.2	3.5
Sat. Fat (g)	7.3	1.9	4.3	1.2
Carbohydrate (g)	64.1	17.1	63.8	17.0
Sugars (g)	20.1	5.4	20.1	5.4
Protein (g)	40.7	10.8	43.6	11.6
Salt (g)	2.93	0.78	2.87	0.76

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

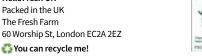
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Get Prepping

- a) Trim the green beans, then cut into thirds.
- **b)** Peel and grate the **garlic** (or use a garlic press).



Char the Beans

- a) Heat a drizzle of oil in a medium saucepan on medium-high heat.
- b) Once hot, add the green beans and stir-fry until starting to char and soften, 2-3 mins.
- c) Turn the heat down to medium, then stir in the garlic and cook for 30 secs more.



Add the Couscous

- a) Once the beans have softened, stir the water for the couscous (see pantry for amount) and chicken stock paste into the pan. Bring to the boil.
- **b)** When boiling, remove from the heat, stir in the **couscous** and cover with a tight-fitting lid.
- c) Leave to the side for 8-10 mins or until ready to serve.



Fru uour Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the diced chicken and season with salt and pepper.
- c) Fry until golden brown on the outside and cooked through, 8-10 mins. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get diced chicken breast instead of **thigh**, cook the recipe in the same way.



Bring on the Flavours

- a) Meanwhile, cut the tomato into 1cm chunks and pop into a bowl. Drizzle with olive oil and season with salt and pepper, then mix together your **salsa**.
- **b)** Once the **chicken** is cooked, stir in the **turmeric**, korma style paste, mango chutney, half the yoghurt and the water for the sauce (see pantry for amount) until combined.
- c) Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.



Serve

- a) When everything's ready, share the couscous and beans out between your serving bowls.
- **b)** Spoon the **korma glazed chicken** over the top.
- c) Finish with a dollop of the remaining **yoghurt** and spoonfuls of the tomato salsa.

Enjoy!