



# Chicken Tikka Style Curry

with Green Beans and Ginger Rice

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

44



Ginger Puree



Basmati Rice



Garlic Clove



Green Beans



Diced Chicken Thigh



Tikka Paste



Tomato Passata



Chicken Stock Paste



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar

### 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

Saucepan, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Ginger Puree	15g	22g	30g
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Green Beans**	80g	120g	160g
Diced Chicken Thigh**	260g	350g	520g
Tikka Paste	75g	112g	150g
Tomato Passata	1 carton	1 carton	1 carton
Chicken Stock Paste	10g	15g	20g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	406g	100g	406g	100g
Energy (kJ/kcal)	2640 / 628	647 / 155	2365 / 565	582 / 139
Fat (g)	18.8	4.6	8.6	2.1
Sat. Fat (g)	4.4	1.1	1.4	0.4
Carbohydrate (g)	76.3	18.8	76.0	18.7
Sugars (g)	10.8	2.7	10.8	2.7
Protein (g)	39.6	9.7	42.3	10.4
Salt (g)	3.73	0.92	3.66	0.9

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

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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## 1 Make the Ginger Rice

Pop a deep saucepan (with a tight-fitting lid) on medium heat with a drizzle of **oil**. When hot, add the **ginger puree** and stir-fry for 1 min.

Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 4 Curry Up

Add the **garlic** and **tikka paste** to the **chicken** pan and cook until fragrant, 1-2 mins.

Stir through the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) and simmer until thickened slightly, 2-3 mins.



## 2 Finish the Prep

In the meantime, peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**.



## 5 Finishing Touches

When everything's ready, fluff up the **ginger rice** with a fork.

Taste your **curry** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## 3 Fry the Chicken and Beans

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. 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.

When the **chicken** has 5 mins left, stir through the **green beans** and continue to cook for the remaining time.

## CUSTOM RECIPE

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



## 6 Finish and Serve

Share the **ginger rice** between your serving bowls. Top with your **chicken tikka style curry**.

Enjoy!