



Chicken Korma Style Curry with Mangetout and Basmati Rice

Family 25-30 Minutes • Mild Spice

1



Basmati Rice



Echalion Shallot



Mangetout



Diced Chicken Thigh



Korma Curry Paste



Honey



Chicken Stock Paste



Creme Fraiche



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	1	2
Mangetout**	80g	150g	150g
Diced Chicken Thigh**	260g	390g	520g
Korma Curry Paste 9)	50g	75g	100g
Honey	15g	30g	30g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	99g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	355g	100g	355g	100g
Energy (kJ/kcal)	3012/ 720	849/ 203	2751/ 658	775/ 185
Fat (g)	30.5	8.6	20.4	5.7
Sat. Fat (g)	12.1	3.4	9.1	2.6
Carbohydrate (g)	77.0	21.7	76.8	21.6
Sugars (g)	14.8	4.2	14.8	4.2
Protein (g)	39.0	11.0	41.8	11.8
Salt (g)	2.66	0.75	2.60	0.73

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

Allergens

7) Milk 9) Mustard

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

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt**, then 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).



Add the Flavour

Once the **chicken** has browned, add the **shallot** to the pan and fry until softened, 3-4 mins.

When softened, stir in the **korma style paste**, **honey**, **water for the curry** (see pantry for amount) and **chicken stock paste**. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces.

Halve the **mangetout** widthways.



Curry Up

Next, add the **creme fraiche** and **mangetout** to the **chicken** pan, stir together, then bring to the boil.

Simmer, stirring occasionally, until the **veg** is tender and the **chicken** is cooked through, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Fry the Chicken

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

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

Fry until browned all over, 6-8 mins. Turn occasionally. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

CUSTOM RECIPE

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



Serve

When the **curry** is ready, taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.

Fluff up the **rice** with a fork and share between your bowls.

Top with your **chicken korma style curry**.

Enjoy!