



Chicken and Spinach Curry with Basmati Rice and Mango Chutney

Quick 20 Minutes • **Medium Spice** • 2 of your 5 a day

13



Basmati Rice



Garlic Clove



Green Chilli



Korma Curry Paste



North Indian Style Spice Mix



Diced Chicken Thigh



Tomato Passata



Chicken Stock Paste



Baby Spinach



Mango Chutney



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

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. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	1	2	2
Green Chilli**	½	1	1
Korma Curry Paste ⁹	50g	75g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	260g	390g	520g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Mango Chutney	40g	80g	80g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	481g	100g	481g	100g
Energy (kJ/kcal)	3092 / 739	643 / 154	2831 / 677	589 / 141
Fat (g)	27.9	5.8	17.8	3.7
Sat. Fat (g)	10.1	2.1	7.1	1.5
Carbohydrate (g)	88.0	18.3	87.8	18.3
Sugars (g)	18.6	3.9	18.6	3.9
Protein (g)	40.2	8.4	43.0	9.0
Salt (g)	3.60	0.75	3.53	0.73

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

Allergens

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

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ tsp salt on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Curry Up

- Stir in the **diced chicken, passata, water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil and season with **salt and pepper**.
- Lower the heat slightly and simmer until the **sauce** has thickened and the **chicken** is cooked through, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is 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.



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **green chilli** lengthways, deseed, then finely chop (see ingredients for amount).



Add the Spinach

- Once thickened, add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **mango chutney** and **butter** (see pantry for amount).
- Taste and season with **salt** and **pepper** if needed.



Add the Flavour

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, stir in the **korma curry paste, North Indian style spice mix, garlic** and **half the green chilli** (add less if you'd prefer things milder). Cook, stirring, for 1 min.



Serve

- Fluff up the **rice** with a fork, then share between your bowls.
- Top with the **chicken curry**.
- Finish with a sprinkle of the remaining **green chilli**.

Enjoy!