

# Chicken and Spinach Korma

with Garlic Rice and Flaked Almonds



Quick 20 Minutes • Mild Spice







Garlic Clove









Tomato Puree

Chicken Stock

Diced Chicken Breast

Korma Curry



Creme Fraiche

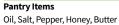


**Baby Spinach** 



Toasted Flaked Almonds





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

### Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	3	5	6	
Basmati Rice	150g	225g	300g	
Diced Chicken Breast**	1 pack	1 pack	1 pack	
Tomato Puree	30g	45g	60g	
Korma Curry Paste <b>9)</b>	50g	75g	100g	
Chicken Stock Paste	10g	15g	20g	
Creme Fraiche** 7)	75g	120g	150g	
Baby Spinach**	40g	100g	100g	
Toasted Flaked Almonds <b>2)</b>	15g	25g	30g	
Pantry	2P	3P	4P	
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp	
Water for the Sauce*	150ml	225ml	300ml	
Honey*	1 tbsp	1½ tbsp	2 tbsp	
Butter*	20g	30g	40g	
*Not Included **Store in the Fridge				

#### Not included Store in the

### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	3318 / 793	796 / 190
Fat (g)	34.5	8.3
Sat. Fat (g)	14.9	3.6
Carbohydrate (g)	75.7	18.1
Sugars (g)	13.2	3.2
Protein (g)	43.5	10.4
Salt (g)	2.93	0.70

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

## **Allergens**

2) Nuts 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, cereals containing 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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#### HelloFresh UK

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### Cook the Garlic Rice

- **a)** Boil a half-full kettle. Peel and grate the **garlic** (or use a garlic press).
- **b)** Heat the **oil** (see pantry for amount) in a deep saucepan on medium heat. Once hot, add **half** the **garlic** and cook for 30 secs.
- c) Stir in the rice and cook until coated, 1 min. Add ¼ tsp salt and the boiled water and cook for 10-12 mins.
- **d)** 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.



# **Get Frying**

- **a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- **b)** Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.
- c) Cook until browned all over, 5-6 mins. Turn occasionally. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



### Add the Flavour

- a) Add the tomato puree, korma curry paste and remaining garlic to the pan. Cook until fragrant, 1-2 mins.
- b) Add the chicken stock paste and water for the sauce (see pantry for amount). Bring to the boil, then lower the heat to medium and cover with a lid.
- **c)** Simmer until the **chicken** is cooked and the **sauce** has thickened, 5-6 mins. **IMPORTANT**: *The chicken is cooked when no longer pink in the middle.*



# Wilt the Spinach

- a) Remove the lid from the curry and stir through the creme fraiche and honey (see pantry for amount).
- **b)** Bring to the boil, then add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- c) Remove from the heat.



# **Finishing Touches**

- **a)** Fluff the **rice** up with a fork and stir through the **butter** (see pantry for amount).
- **b)** Taste the **curry**, then season with **salt** and **pepper** if needed.



# Serve Up

- a) Share the rice between your bowls.
- **b)** Top with the **chicken korma**.
- c) Sprinkle over the flaked almonds to finish.

### Enjoy!

