



Chicken Korma Style Curry

with Green Beans and Basmati Rice

Calorie Smart 25-30 Minutes • Mild Spice • Under 650 Calories

24



Basmati Rice



Echalion Shallot



Green Beans



Diced Chicken Breast



Korma Curry Paste



Chicken Stock Paste



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Sugar

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

Saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Echalion Shallot**	1	1	2
Green Beans**	80g	150g	150g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Korma Curry Paste 9)	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	525g	100g
Energy (kJ/kcal)	2678 /640	511 /122
Fat (g)	20.3	3.9
Sat. Fat (g)	9.1	1.7
Carbohydrate (g)	72.7	13.9
Sugars (g)	10.7	2.0
Protein (g)	41.2	7.9
Salt (g)	2.59	0.49

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, 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

Let us know what you think!

Share your creations with **#HelloFreshSnaps**

Head to [hellofresh.co.uk](https://www.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



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** 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



Add the Flavour

Once the **chicken** has browned, add the **shallot** and **green beans**. Fry until softened, 3-4 mins.

Stir in the **korma curry paste** and fry until fragrant, 1 min.

2



Get Prepped

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

Trim the **green beans** and chop into thirds.

5



Curry Up

Add the **chicken stock paste**, **creme fraiche**, **sugar** and **water for the curry** (see pantry for both amounts) to the **chicken**. Stir together, then bring to the boil.

Simmer, stirring occasionally, until the **beans** are tender and the **chicken** is cooked through, 5-6 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

3



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.*

6



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!