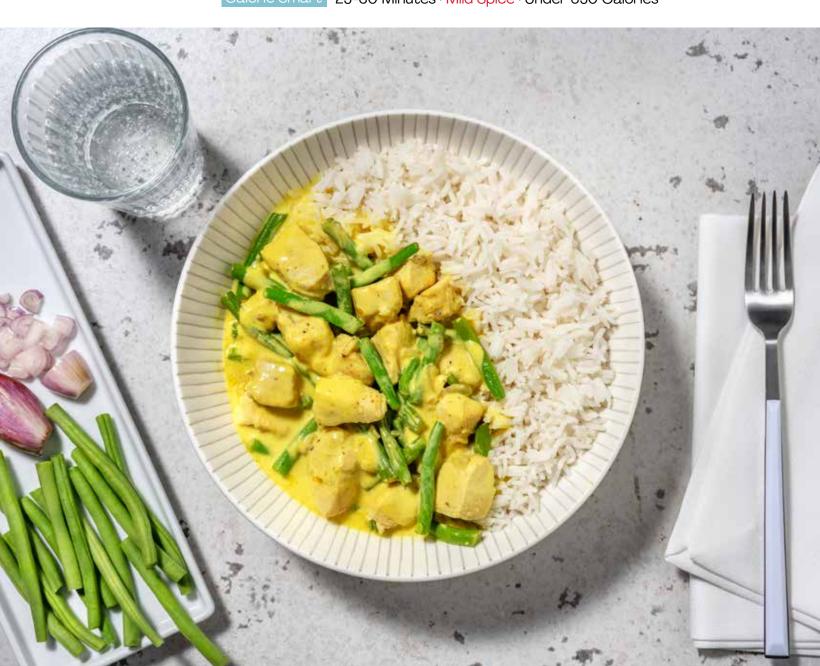


Chicken Korma Style Curry

with Green Beans and Basmati Rice

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







Basmati Rice







Green Beans





Korma Curry



Creme Fraiche



Paste

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

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

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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 1/4 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).



Get Prepped

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

Trim the green beans and chop into thirds.



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.



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.



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.



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!