



# Chicken Korma Style Curry

with Baby Spinach and Garlic Rice

Stacey Solomon 20 Minutes • Mild Spice

16



Garlic Clove



Basmati Rice



Diced Chicken Thigh



Tomato Puree



Korma Curry Paste



Chicken Stock Paste



Creme Fraiche



Baby Spinach



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Butter, Honey

*Stacey* ♥

#### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

#### Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

## 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 Thigh**	260g	390g	520g
Tomato Puree	30g	45g	60g
Korma Curry Paste 9)	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	120g	150g
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Curry*	125ml	185ml	250ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	395g	100g	395g	100g
Energy (kJ/kcal)	3322 / 794	841 / 201	3061 / 732	775 / 185
Fat (g)	38.7	9.8	28.6	7.2
Sat. Fat (g)	17.3	4.4	14.3	3.6
Carbohydrate (g)	75.5	19.1	75.2	19.0
Sugars (g)	12.8	3.2	12.8	3.2
Protein (g)	39.0	9.9	41.9	10.6
Salt (g)	2.99	0.76	2.93	0.74

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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Garlic Rice

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



## Wilt the Spinach

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



## Brown the Chicken

- Meanwhile, 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**.
- Cook until browned all over, 5-6 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.



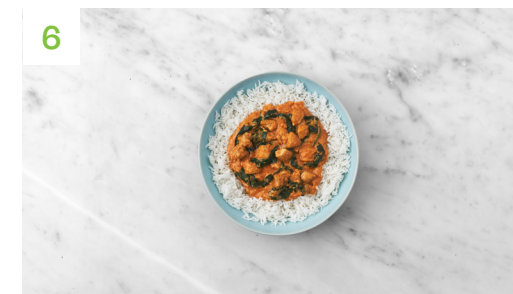
## Finishing Touches

- Taste the **chicken curry** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Add the Flavour

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



## Serve Up

- When everything's ready, fluff up the **buttery garlic rice** with a fork, then share between your bowls.
- Top with the **chicken korma style curry**.

## Enjoy!