



# Coriander Chicken Thigh Coconut Curry with Spinach and Basmati Rice

Family 35-40 Minutes • Mild Spice • 1 of your 5 a day

1



-  Onion
-  Garlic Clove
-  Coriander
-  Lime
-  Coconut Milk
-  Curry Powder Mix
-  Chicken Thighs
-  Basmati Rice
-  Mustard Seeds
-  Chicken Stock Paste
-  Baby Spinach

**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

Garlic press, fine grater, bowl, saucepan, lid, aluminium foil, baking tray, frying pan and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	3	4	6
Coriander**	1 bunch	2 bunches	2 bunches
Lime**	½	1	1
Coconut Milk	200ml	400ml	400ml
Curry Powder Mix	1 sachet	2 sachets	2 sachets
Chicken Thighs**	3	5	6
Basmati Rice	150g	225g	300g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>661g</b>	<b>100g</b>
Energy (kJ/kcal)	3556/850	538/129
Fat (g)	43.7	6.6
Sat. Fat (g)	25.4	3.8
Carbohydrate (g)	80.2	12.1
Sugars (g)	9.3	1.4
Protein (g)	43.5	6.6
Salt (g)	1.88	0.28

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, 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

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

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## 1 Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Finely chop the **coriander** (or use a food processor if you have one). Zest and halve the **lime** (see ingredients for amount).

In a medium bowl, combine the **coconut milk**, **curry powder mix**, **coriander** and **half the lime juice**. Mix together, then transfer **1 tbsp** per person of the **coconut mixture** to another medium bowl along with the **chicken thighs**.

Season with **salt** and **pepper**, then mix well. Set aside to marinate. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## 4 Curry Up

While the **chicken** is in the oven, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **onion** to the pan and cook until softened, 8-10 mins.

Add the **mustard seeds** and cook until they start to pop, 1-2 mins, then pour in the remaining **coconut mixture**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Season with **pepper**, then bring to the boil. Reduce the heat to medium-low and simmer, 10-15 mins.



## 2 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 on medium-high heat. 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).



## 5 Add the Spinach

While everything's cooking, roughly chop the **spinach** with some scissors.

Once the **sauce** is cooked, stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat and squeeze in the remaining **lime juice**. Taste and add **salt** and **pepper** if needed.



## 3 Chicken Time

Meanwhile, lay the **marinated chicken** onto a foil lined baking tray.

Roast on the middle shelf until brown and cooked through, 16-18 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Once cooked, remove from the oven and set aside to rest for a couple of mins.



## 6 Finish and Serve

When everything's ready, cut the **chicken** widthways into 2cm thick slices.

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **sliced chicken** and spoon over the **curry sauce** to finish.

## Enjoy!