



# Curried Chicken Thigh Traybake

with Cumin Roast Potatoes, Carrots and Green Beans

45

Family 35-40 Minutes • Mild Spice • 2 of your 5 a day



Potatoes



White Cumin Seeds



Carrot



Chicken Thighs



Korma Curry Paste



Mango Chutney



Green Beans



Chicken Breasts

### Pantry Items

Oil, Salt, Pepper, Mayonnaise

### CUSTOM RECIPE

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

Happy cooking!

## 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

Baking tray, bowl, kettle, saucepan and colander.

## Ingredients

| Ingredients          | 2P       | 3P       | 4P        |
|----------------------|----------|----------|-----------|
| Potatoes             | 450g     | 700g     | 900g      |
| White Cumin Seeds    | ¾ sachet | 1 sachet | 2 sachets |
| Carrot**             | 2        | 3        | 4         |
| Chicken Thighs**     | 4        | 6        | 8         |
| Korma Curry Paste 9) | 50g      | 100g     | 100g      |
| Mango Chutney        | 40g      | 60g      | 80g       |
| Green Beans**        | 150g     | 200g     | 300g      |
| Chicken Breasts**    | 2        | 3        | 4         |

| Pantry      | 2P     | 3P     | 4P     |
|-------------|--------|--------|--------|
| Mayonnaise* | 3 tbsp | 4 tbsp | 6 tbsp |

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

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 681g          | 100g     | 641g        | 100g     |
| Energy (kJ/kcal)        | 3700 /884     | 543 /130 | 2824 /675   | 441 /105 |
| Fat (g)                 | 47.4          | 7.0      | 24.7        | 3.9      |
| Sat. Fat (g)            | 9.6           | 1.4      | 3.0         | 0.5      |
| Carbohydrate (g)        | 69.7          | 10.2     | 69.8        | 10.9     |
| Sugars (g)              | 23.6          | 3.5      | 23.8        | 3.7      |
| Protein (g)             | 49.8          | 7.3      | 46.7        | 7.3      |
| Salt (g)                | 2.41          | 0.35     | 2.33        | 0.36     |

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

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## Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the chunks onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, then season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Time to Traybake

Pop the tray onto the middle shelf of your oven to bake until the **chicken** is cooked through and the **carrots** are tender, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Turn the **carrots** halfway through.

Meanwhile, in a small bowl, combine the **mango chutney** and **mayo** (see pantry for amount). Set aside for now.



## Prep the Carrots

While the potatoes roast, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Put the **carrots** on one side of another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.



## Cook the Beans

Once everything's nearly ready, boil a half-full kettle. Trim the **green beans**.

Pour the **boiled water** into a saucepan with ½ **tsp salt** and heat on high.

Bring it back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil**.



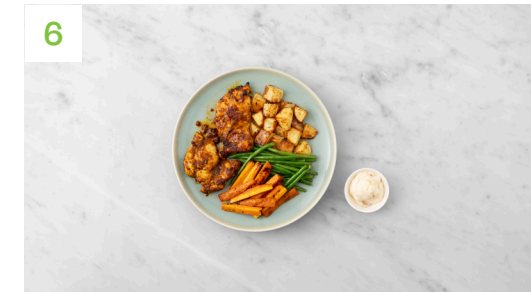
## Flavour the Chicken

Next, lay the **chicken thighs** flat on the other side of the **carrot** tray (use two baking trays if necessary).

Drizzle with **oil**, season with **salt** and **pepper**, then spread the **korma curry paste** over the **chicken**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

## CUSTOM RECIPE

If you've chosen **chicken breast** instead, prep the **chicken** the same way, then cook it in the next step for 25-30 mins instead. Slice widthways into 2cm thick slices in the final step.



## Serve

When everything's ready, share the **curried chicken** and **roasted carrots** between your plates. Spoon over the **juices** from the tray, if you'd like.

Serve the **cumin roast potatoes** and **green beans** alongside. Dollop the **mango chutney mayo** on the side for dipping.

## Enjoy!