



# Zanzibar Style Chicken Curry

with Basmati Rice and Peas

**Super Quick** 10-15 Minutes • **Mild Spice**

7



Basmati Rice



Diced British Chicken Breast



Zanzibar Style Curry Powder



Tomato Puree



Chicken Stock Paste



Creme Fraiche



Mango Chutney



Peas

**Pantry Items**  
Oil, Salt, Pepper

## 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, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	520g
Zanzibar Style Curry Powder <b>9)</b>	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** <b>7)</b>	75g	120g	150g
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Curry*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>396g</b>	<b>100g</b>
Energy (kJ/kcal)	2756 /659	695 /166
Fat (g)	16.4	4.1
Sat. Fat (g)	8.5	2.1
Carbohydrate (g)	88.0	22.2
Sugars (g)	19.2	4.8
Protein (g)	43.7	11.0
Salt (g)	1.59	0.40

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, mollusc, 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



## Rice On

- Boil a half-full kettle. Pour it into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.

2



## Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- Meanwhile, open the remaining sachets.

3



## Flavour Time

- Add the **Zanzibar style curry powder**, **tomato puree**, **chicken stock paste**, **creme fraiche** and **water** (see pantry) to the **chicken**.
- Stir and bring to a boil. Reduce the heat and simmer until thickened, 2-3 mins.
- Stir in the **peas** and **half** the **mango chutney**. Simmer, 1 min.
- Season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.

4



## Dinner's Ready!

- Share your **rice** and **curry** between bowls.
- Drizzle over the remaining **mango chutney** to finish.

## Enjoy!