



Chicken and Pepper Rogan Josh Style Curry with Mango Chutney, Flaked Almonds and Basmati Rice

7

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



Basmati Rice



Diced Chicken Thigh



Green Pepper



Garlic Clove



Rogan Josh Curry Paste



Tomato Passata



Chicken Stock Paste



Chilli Flakes



Mango Chutney



Toasted Flaked Almonds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

Cooking tools

Saucepan, lid, frying pan and garlic press.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------|----------|------------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Diced Chicken | 260g | 390g | 520g |
| Thigh** | | | |
| Green Pepper** | 1 | 1½ | 2 |
| Garlic Clove** | 1 | 1 | 2 |
| Rogan Josh Curry Paste | 50g | 75g | 100g |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Chicken Stock Paste | 10g | 15g | 20g |
| Chilli Flakes | 1 pinch | 1 pinch | 2 pinches |
| Mango Chutney | 40g | 60g | 80g |
| Toasted Flaked Almonds 2) | 15g | 25g | 25g |
| Diced Chicken Breast** | 260g | 390g | 520g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Water for the Curry* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|-----------|-------------|-----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 448g | 100g | 448g | 100g |
| Energy (kJ/kcal) | 2932 / 701 | 655 / 157 | 2671 / 638 | 597 / 143 |
| Fat (g) | 23.3 | 5.2 | 13.1 | 2.9 |
| Sat. Fat (g) | 4.9 | 1.1 | 1.9 | 0.4 |
| Carbohydrate (g) | 87.7 | 19.6 | 87.4 | 19.5 |
| Sugars (g) | 20.1 | 4.5 | 20.1 | 4.5 |
| Protein (g) | 40.0 | 8.9 | 42.8 | 9.6 |
| Salt (g) | 2.78 | 0.62 | 2.71 | 0.61 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts

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, 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.

Contact

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1 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. 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).



4 Simmer your Curry

Bring the **curry** to a boil, then lower the heat and simmer until the **chicken** is cooked through and the **sauce** has thickened, 10-15 mins.

IMPORTANT: *The chicken is cooked when no longer pink in the middle.*



2 Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **chicken** and season with **salt** and **pepper**. Fry until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

While the **chicken** cooks, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



5 Finishing Touches

Once cooked, taste the **curry** and season with **salt** and **pepper**.

Add some **chilli flakes** if you'd like some more heat (careful, they're hot), then stir through the **mango chutney**.



3 Bring on the Spice

Once browned, add the **pepper** to the **chicken** and cook until starting to soften, 3-4 mins.

Stir in the **garlic** and **rogan josh curry paste** and cook for 1 min more, then stir in the **passata**, **chicken stock paste** and **water for the curry** (see pantry for amount).



6 Serve

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

Top with the **chicken rogan josh** and sprinkle with the **flaked almonds** to finish.

Enjoy!