



# Chicken and Spinach Curry with Basmati Rice and Mango Chutney

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

16



Basmati Rice



Onion



Garlic Clove



Green Chilli



Korma Style Paste



Garam Masala



Diced Chicken Thigh



Tomato Passata



Chicken Stock Paste



Coriander



Baby Spinach



Mango Chutney



Diced Chicken Breast



### 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 veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan with Lid, Sieve, Garlic Press and Frying Pan.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	½	1	1
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Garam Masala	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	100g	150g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets
Butter*	20g	30g	40g
Diced Chicken Breast**	280g	420g	560g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	3210/767	596/142
Fat (g)	29	5
Sat. Fat (g)	10	2
Carbohydrate (g)	85	16
Sugars (g)	20	4
Protein (g)	40	7
Salt (g)	3.48	0.65

	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	2894/692	537/128
Fat (g)	18	3
Sat. Fat (g)	7	1
Carbohydrate (g)	85	16
Sugars (g)	20	4
Protein (g)	46	8
Salt (g)	3.48	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Cook the Rice

**a)** Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **rice**. When boiling, add the **rice** and cook for 12 mins.

**b)** Drain in a sieve and return to the pan. Cover with a lid until ready to serve.



## Add the Flavour

**a)** Add the **korma style paste**, **garam masala**, **garlic** and **half the green chilli** (careful, it's hot - add less if you don't like heat).

**b)** Cook, stirring, for 1 min, then add the **chicken**, **passata**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to a simmer. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.*

**c)** Season with **salt** and **pepper** and simmer until thickened, 8-10 mins.

**d)** Meanwhile, roughly chop the **coriander** (stalks and all).

## CUSTOM RECIPE

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



## Get Prepped

**a)** While the **rice** cooks, halve, peel and chop the **onion** into small pieces.

**b)** Peel and grate the **garlic** (or use a garlic press).

**c)** Halve the **chilli** lengthways, deseed then finely chop.



## Finish Up

**a)** Add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.

**b)** Simmer until the **sauce** has reduced slightly, 3-4 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

**c)** Stir through the **mango chutney**, **butter** (see ingredients for amount) and **half the coriander**.

**d)** Taste and season with **salt** and **pepper** if needed.



## Fry the Onion

**a)** Heat a drizzle of **oil** in a large frying pan on a medium-high heat.

**b)** Once hot, add the **onion** and cook, stirring, until softened, 3-4 mins.



## Serve

**a)** Stir the remaining **coriander** through the **rice**.

**b)** Divide the **rice** and **curry** between your bowls.

**c)** Top with the remaining **green chilli**.

## Enjoy!

### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.