



Fragrant Chicken Curry with Zesty Rice

Family Hands On Time: 15 Minutes • Total Time: 40 Minutes • 1.5 of your 5 a day

7



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Diced Chicken Breast



Basmati Rice



Zanzibar Curry Spice



Coconut Milk



Chicken Stock Powder



Lime

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Two Saucepans and Lid.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	1 clove	2 cloves
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Diced Chicken Breast**	280g	420g	560g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Zanzibar Curry Spice 9)	1 small pot	¾ large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	2780 /665	570 /136
Fat (g)	21	4
Sat. Fat (g)	17	3
Carbohydrate (g)	73	15
Sugars (g)	10	2
Protein (g)	45	9
Salt (g)	0.97	0.20

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.

Contact

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Packed in the UK

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Prep Time

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Roughly chop the **parsley** (stalks and all).



Finish the Curry

Add the **garlic**, **half of the parsley** and the **Zanzibar curry powder** to the **chicken**. Cook for one minute. Add the **coconut milk** and **chicken stock powder**. Bring to the boil, stir and lower the heat so the curry simmers gently. Cook for 10 mins. Add the **courgette**, then simmer until the **sauce** has thickened and the **courgette** is tender, 5-7. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* **TIP:** *Add a splash of water if the curry looks a bit dry.*



Start the Curry

Heat a drizzle of **oil** in a saucepan over medium-high heat. Add the **chicken** and cook until browned all over, 5-6 mins. Turn occasionally. **TIP:** *Do this in batches if necessary - you don't want to stew the chicken.* Add the **shallot** and cook, stirring, until soft, 5 mins.



Finish the Rice

While the curry is cooking, zest and halve the **lime**. When the **rice** is ready, fluff it up with a fork. Stir in the **lime zest** and a small squeeze of **lime juice** (save some for the curry).



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



Serve

When the **curry** is cooked, taste and add **salt** and **pepper** if required. Stir in the remaining **parsley** and a squeeze of **lime juice**. Spoon the **rice** into bowls and top with the **fragrant chicken curry**.

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.