



Korma and Mango Chutney Glazed Chicken with Green Beans, Couscous and Tomato Salsa

24

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



-  Green Beans
-  Garlic Clove
-  Chicken Stock Paste
-  Couscous
-  Diced Chicken Thigh
-  Medium Tomato
-  Korma Style Paste
-  Mango Chutney
-  Greek Style Natural Yoghurt
-  Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper, Olive Oil

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

Garlic press, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Couscous 13	120g	180g	240g
Diced Chicken Thigh**	260g	390g	520g
Medium Tomato	1	2	2
Korma Style Paste 9	50g	75g	100g
Mango Chutney	40g	60g	80g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Couscous*	240ml	360ml	480ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	375g	100g	375g	100g
Energy (kJ/kcal)	2630 / 629	701 / 168	2369 / 566	632 / 151
Fat (g)	23.4	6.2	13.2	3.5
Sat. Fat (g)	7.3	2.0	4.3	1.2
Carbohydrate (g)	63.7	17.0	63.4	16.9
Sugars (g)	20.1	5.4	20.1	5.4
Protein (g)	40.7	10.9	43.5	11.6
Salt (g)	2.93	0.78	2.86	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk **9)** Mustard **13)** Cereals containing gluten

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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Get Prepping

- Trim the **green beans**, then cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).



Fry your Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

CUSTOM RECIPE

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



Char the Beans

- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **green beans** and stir-fry until starting to char and soften, 2-3 mins.
- Turn the heat down to medium, then stir in the **garlic** and cook for 30 secs more.



Finishing Touches

- While the **chicken** cooks, cut the **tomato** into 1cm chunks and pop into a bowl. Drizzle with **olive oil** and season with **salt** and **pepper**, then mix. Set the **salsa** aside.
- Once the **chicken** is cooked, stir the **korma style paste**, **mango chutney**, **half** the **yoghurt** and the **water for the sauce** (see pantry for amount) into the pan.
- Bring to the boil, then lower the heat and simmer until slightly thickened, 2-3 mins.



Make the Couscous

- Once the **beans** have softened, stir in the **water for the couscous** (see pantry for amount) and **chicken stock paste**. Bring to the boil.
- When boiling, remove from the heat, stir in the **couscous** and cover with a tight-fitting lid.
- Leave to the side for 8-10 mins or until ready to serve.



Serve

- When everything's ready, share the **couscous and beans** out between your serving bowls.
- Spoon the **glazed chicken** over the top.
- Finish with a dollop of the remaining **yoghurt** and spoonfuls of the **tomato salsa**.

Enjoy!



Weight Watchers