



Mango and Coconut Chicken Curry

with Peas and Cumin Rice

Classic 20-25 Minutes

7



Basmati Rice



White Cumin Seeds



Garlic Clove



Tikka Paste



Diced Chicken Thigh



Mango Chutney



Coconut Milk



Peas



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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Tikka Paste	75g	112g	150g
Diced Chicken Thigh**	210g	350g	390g
Mango Chutney	40g	60g	80g
Coconut Milk	200ml	400ml	400ml
Peas**	120g	180g	240g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	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	405g	100g	430g	100g
Energy (kJ/kcal)	3266/781	806/193	3180/760	739/177
Fat (g)	33.4	8.2	25.6	6.0
Sat. Fat (g)	19.6	4.8	17.3	4.0
Carbohydrate (g)	89.8	22.2	89.6	20.8
Sugars (g)	18.6	4.6	18.6	4.3
Protein (g)	36.5	9.1	44.5	10.3
Salt (g)	2.11	0.52	2.10	0.49

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

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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**, **¼ tsp salt** and **cumin seeds**, 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).



Peas Please

When your **curry sauce** has thickened and the **chicken** is cooked, stir through the **peas** until they are piping hot, 1 min.



Fry the Aromatics

Meanwhile, peel and grate the **garlic** (or use a garlic press).

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

Once hot, add the **tikka paste** and **garlic**. Fry until fragrant, 1 min.



Season to Taste

Taste your **chicken curry** and season with **salt** and **pepper** if needed.

Fluff up the **cumin rice** with a fork.



Simmer your Curry

Next, add the **chicken**, **mango chutney**, **coconut milk** and **water for the sauce** (see pantry for amount) to the pan. Stir together and season with **salt** and **pepper**.

Bring to the boil, then lower the heat and simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 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.



Serve

Share the **cumin rice** between your bowls.

Top with the **mango and coconut chicken curry**.

Enjoy!