

Ultimate Creamy Coronation Chicken

with Garlic Butter Rice and Green Beans

Coronation Weekend 25-30 Minutes • Mild Spice • 1 of your 5 a day









Garlic Clove



Chicken Breast







Curry Powder

Green Beans

Mustard Seeds



Creme Fraiche



Mango Chutney



Chicken Stock Paste



Toasted Flaked Almonds

Pantry Items Oil, Salt, Pepper, Butter

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, baking tray, aluminium foil and bowl.

Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	3	4	6	
Basmati Rice	150g	225g	300g	
Chicken Breast**	2	3	4	
Green Beans**	150g	225g	300g	
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets	
Curry Powder	1 sachet	1 sachet	2 sachets	
Creme Fraiche** 7)	150g	225g	300g	
Mango Chutney	40g	60g	80g	
Chicken Stock Paste	10g	15g	20g	
Toasted Flaked Almonds 2)	15g	22g	30g	
Pantry	2P	3P	4P	
Butter*	20g	30g	40g	
Water for the Rice*	300ml	450ml	600ml	
Water for the Sauce*	50ml	75ml	100ml	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	440g	100g
Energy (kJ/kcal)	3756 /898	854 /204
Fat (g)	42.1	9.6
Sat. Fat (g)	21.7	4.9
Carbohydrate (g)	80.6	18.3
Sugars (g)	16.4	3.7
Protein (g)	51.9	11.8
Salt (g)	2.05	0.47

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

Allergens

2) Nuts 7) Milk 9) Mustard

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.

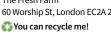
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Start the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the garlic (or use a garlic press).

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When hot, add **half** the **garlic** and stir-fry for 1 min. Stir in the rice until coated, 1 min.

Add 1/4 tsp salt and the water for the rice (see pantry for amount) 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).



Sizzle the Chicken

Heat a drizzle of oil in a large frying pan on medium-high heat. Season the chicken with salt and pepper. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

Once browned, pop the chicken onto a baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Bring on the Beans

Meanwhile, trim the green beans.

Wipe the frying pan used for the chicken clean and return to medium-high heat with a drizzle of oil.

Once hot, add the green beans and mustard seeds. Season with salt and pepper. Stir-fry until starting to char, 2-3 mins.

Add a splash of water and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat and transfer to a medium bowl. Cover to keep warm.



Make your Coronation Sauce

Return the (now empty) frying pan to medium heat with a drizzle of oil.

Add the **curry powder** and remaining **garlic**. Fry until fragrant, 1 min.

Stir in the creme fraiche, mango chutney, chicken stock paste and water for the sauce (see pantry for amount). Stir well to combine and simmer until slightly thickened, 2-3 mins. Taste and season with salt and pepper if needed.



Finishing Touches

When the **rice** is ready, fluff it up with a fork. When the chicken is cooked, cut widthways into 2cm thick slices.



Serve

Share the rice and green beans between your bowls, then arrange the **sliced chicken** on top.

Spoon the coronation sauce over the chicken and sprinkle over the **flaked almonds** to finish.

Enjoy!