



Chicken and Chickpea Korma Crumble

with Kale

Nº 21

CLASSIC 30 Minutes • Little Heat • 2 of your 5 a day



Diced Chicken Thigh



Onion



Garlic Clove



Green Chilli



Korma Paste



Coconut Milk



Chicken Stock Powder



Chickpeas



Salted Peanuts



Panko Breadcrumbs



Kale

Before you start

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

Basic cooking tools you will need:

Large Frying Pan, Fine Grater (or Garlic Press), Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Onion**	1	1	2
Garlic Clove**	2	3	4
Green Chilli**	½	1	1
Korma Paste 9)	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Chickpeas	1 carton	1½ cartons	2 cartons
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Panko Breadcrumbs 13)	25g	40g	50g
Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Kale**	1 small bag	¾ large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	543g	100g
Energy (kJ/kcal)	3427 / 819	632 / 151
Fat (g)	52	10
Sat. Fat (g)	23	4
Carbohydrate (g)	39	7
Sugars (g)	10	2
Protein (g)	46	9
Salt (g)	3.05	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **9)** Mustard **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps



HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

You can recycle me!



1. Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **chicken** and season with **salt** and **pepper**. Fry until golden brown on all sides, 5-7 mins. Turn every couple of mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.



4. Make the Crumb

Meanwhile, roughly chop the **peanuts**. Pop them in a bowl with the **panko breadcrumbs** and **oil** (see ingredient list for amount). Season with **salt** and **pepper** and mix together. Preheat your grill to high.



2. Make the Sauce

Once the **chicken** is brown, add the **onion** to the pan, stir together and cook with the **chicken** until the **onion** is soft, 4-5 mins. Add the **garlic**, **korma paste** and **half** the **green chilli**. Stir and cook for 1 minute, then pour in the **coconut milk**, **chicken stock powder** and **water** (see ingredients for amount). Stir together.



5. Cook the Kale

Once the **sauce** has thickened, stir in the **kale**, cover with a lid and simmer until the **kale** is tender, 5-6 mins. Taste and add **salt** and **pepper** if you feel it needs it, then pour into an ovenproof dish. Sprinkle over the crumb and grill until the top is golden, 3-4 mins. **TIP:** *Keep an eye on it to make sure it doesn't burn!*



3. Crush the Chickpeas

Drain and rinse the **chickpeas** in a colander, pop **half** of them in a bowl and roughly mash with a fork. Add the **crushed** and **whole chickpeas** to the **chicken curry** in the pan. Season with **salt** and **pepper**, stir together and bring the **curry** to a simmer, reduce the heat to medium and simmer until the **mixture** has reduced slightly, 6-8 mins.



6. Finish and Serve

Serve the **crumble** in bowls and sprinkle over the remaining **green chilli**.

Enjoy!