



Chicken and Spinach Curry with Rice and Mango Chutney

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

10



Basmati Rice



Onion



Garlic Clove



Green Chilli



Paneer



Diced Chicken Breast



Korma Curry Paste



Tomato Purée



Tomato Passata



Chicken Stock Powder



Coriander



Baby Spinach



Mango Chutney



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

Cooking tools, you will need:

Saucepan, Sieve, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Chilli**	½	1	1
Paneer 7**	1 pack	1½ packs	2 packs
Diced Chicken Breast**	280g	420g	580g
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Tomato Purée	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	1 pack	1 pack	1 pack
Mango Chutney	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	513g	100g
Energy (kJ/kcal)	2680/641	522/125
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	90	18
Sugars (g)	25	5
Protein (g)	46	9
Salt (g)	3.05	0.60
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	498g	100g
Energy (kJ/kcal)	3816/912	766/183
Fat (g)	42	8
Sat. Fat (g)	23	5
Carbohydrate (g)	94	19
Sugars (g)	29	6
Protein (g)	38	8
Salt (g)	3.63	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 10) Celery

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.

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

You can recycle me!



Get Started!

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the rice. When boiling, add the **rice** and cook for 12 mins.

b) Drain in a sieve and return to the pan, cover with a lid until ready to serve.



Get Prepped

a) Meanwhile, halve, peel and chop the **onion** into small pieces.

b) Peel and grate the **garlic** (or use a garlic press).

c) Halve the **chilli** lengthways, deseed then finely chop.



CUSTOM RECIPE

If you've chosen **paneer** instead of **chicken**, chop the **paneer** into 2cm chunks in the step above.



Start Cooking!

a) Heat a drizzle of **oil** in a large frying pan.

b) Once hot, add the **diced chicken** and stir-fry until turning golden, 3-4 mins.

c) Add the **onion** and continue to cook, stirring, until the **onion** is softened, 2-3 mins.



CUSTOM RECIPE

If you've chosen **paneer** instead of **diced chicken thigh**, just cook the **paneer** in the same way the recipe tells you to cook the **diced thigh** in the step above and in the rest of the recipe.



Add Flavour

a) Add the **korma paste**, **garlic**, **half** the **green chilli** (add less if you don't like heat!), and **tomato purée**.

b) Cook, stirring, for 1 min, add the **passata**, **water** (see ingredients for amount) and **stock powder** and bring to a simmer.

c) Season with **salt** and **pepper** and simmer until thickened, 6-8 mins.

d) Meanwhile, roughly chop the **coriander** (stalks and all).



Finish Up!

a) Add the **spinach** to the **sauce** a handful at a time until it's wilted. Bring to the boil and simmer until the **sauce** has reduced slightly and the flavours have developed, 3-4 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*

b) When everything is ready, stir the **mango chutney** and **half** the **coriander** through the **curry**.

c) Taste and season with more **salt** and **pepper** if you like.



Serve!

a) Stir the remaining **coriander** through the **rice**.

b) Divide the **rice** and **curry** between your bowls.

c) Top with the remaining **green chilli**.

Enjoy!