



Chicken, Chickpea and Spinach Korma with Mango Chutney and Rice

Extra Rapid 10 Minutes • Medium Spice • 1 of your 5 a day

N° 22



Shallot



Chickpeas



Korma Curry Paste



Coconut Milk



Chicken Stock Powder



Pulled Chicken



Baby Spinach



Steamed Basmati Rice



Mango Chutney

Before you start

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

Cooking tools, you will need:

Sieve, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Shallot**	1	1	2
Chickpeas	1 carton	1½ cartons	2 cartons
Korma Curry Paste 9)	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	75ml	100ml	150ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Pulled Chicken**	200g	300g	400g
Baby Spinach**	1 small pack	1 large pack	2 small packs
Steamed Basmati Rice	1 pack	2 packs	2 packs
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	3102/742	546/131
Fat (g)	30	5
Sat. Fat (g)	18	3
Carbohydrate (g)	69	12
Sugars (g)	16	3
Protein (g)	42	7
Salt (g)	3.86	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

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.

Contact

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Packed in the UK

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1



2



3



Get Started!

- Halve, peel and thinly slice the **shallot**.
- Drain and rinse the **chickpeas** in a sieve.
- Heat a drizzle of **oil** in a large frying pan over medium-high heat.
- Once hot, add the **shallot** and cook, stirring, until soft, 2-3 mins.
- Add the **korma paste** and cook, stirring, until fragrant, 1 minute.

Simmer!

- Add the **coconut milk**, **water** (see ingredients for amount) and **chicken stock powder** and stir well to combine.
- Add the **chicken** and **chickpeas**, stir and season with **salt** and **pepper**.
- Bring to a simmer and cook until slightly thickened and everything is piping hot, 2-3 mins.
- Add the **spinach** a handful at a time, stirring, until wilted, 2-3 mins.
- While the **spinach** is wilting, heat the **rice** according to pack instructions.

Finish Up

- When everything is ready, stir the **mango chutney** through the **curry**.
- Taste and season with **salt** and **pepper** if it needs it.
- Divide the **rice** between plates and top with the **curry**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.