



CREAMY CHICKEN KORMA

with Almonds and Green Beans



HELLO ALMOND

This nut is related to apricots and cherries!



Onion



Ginger



Garlic Clove



Chicken Breast



Green Beans



Flat Leaf Parsley



Korma Spice Mix



Water for the Rice



Chicken Stock Pot



Star Anise



Basmati Rice



Water for the Curry



Ground Almonds



Raisins



Honey



Double Cream



Baby Spinach

40 mins

Family Box

1.5 of your 5 a day

Little Heat

If ever a curry can be described as soothing, it's the korma. Ground almonds help make the sauce even more velvety and honey adds a touch of sweetness. Yes, there's a bit of spice, but nothing to be afraid of!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan**, **Measuring Jug** and a **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 DO THE PREP

Halve, peel and thinly slice the **onion** into half moons. Peel and grate the **ginger** and **garlic** (or use a garlic press). Chop the **chicken breasts** into 2cm pieces. Trim the tops off the **green beans** and chop them into three pieces. Roughly chop the **parsley** (stalks and all).



2 COOK THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **chicken** and season with a pinch of **salt** and some **black pepper**. Cook until the **chicken** is browned all over, 5-6 mins (do this in batches if your pan is small). Add the **onion** and cook until softened, 5 mins. Add the **ginger**, **korma spice** and the **garlic**. Stir together and cook for 1 minute more.



3 COOK THE RICE

While the **chicken** is cooking, pour the **water** for the rice (amount specified in the ingredient list) into a large saucepan on high heat. Add half the **chicken stock pot** and stir to dissolve. Add the **star anise**. Bring to the boil then add the **rice**. Cook for 10 mins. Remove the pan from the heat and leave to rest with the lid on for 10 mins. The **rice** will finish cooking in its own steam.



4 SIMMER THE CURRY

Pour the **water** for the curry (amount specified in the ingredient list) into the pan with the **chicken**, along with the remaining **stock pot**, **ground almonds**, **raisins**, **honey** and **cream**. Stir together and bring to the boil. Reduce the heat to medium-low and simmer gently for 10 mins. Add the **green beans** and cook until they are done and the curry has thickened, another 5-7 mins.



5 ADD THE SPINACH

Stir in the **baby spinach** and cook until wilted, 2-3 mins. Then stir through half the **parsley**.



6 FINISH AND SERVE

Remove the **star anise** from the **rice** and fluff it up with a fork. Serve in bowls with a generous spoonful of **curry** on top, sprinkled with the remaining **parsley**. **Enjoy!**

4 PEOPLE INGREDIENTS

Onion, sliced	1
Ginger, grated	1
Garlic Clove, grated	3
Chicken Breast, Chopped	3
Green Beans, chopped	1 pack
Flat Leaf Parsley, chopped	1 bunch
Korma Spice Mix	1 tbsp
Water for the Rice*	600ml
Chicken Stock Pot	1
Star Anise	1
Basmati Rice	300g
Water for the Curry*	600ml
Ground Almonds 8)	40g
Raisins	40g
Honey	1 tbsp
Double Cream 7)	150ml
Baby Spinach	1 bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	727	182
(kJ)	3058	763
Fat (g)	28	7
Sat. Fat (g)	14	3
Carbohydrate (g)	79	20
Sugars (g)	19	5
Protein (g)	41	10
Salt (g)	1.50	0.40

ALLERGENS

7)Milk 8)Nuts

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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

