



Jalfrezi-Style Chicken Curry

with Jasmine Rice and Naan

Rapid 20 Minutes • Little Heat • 1 of your 5 a day

11



Jasmine Rice



Chicken Thigh Diced



Garlic



Onion



Green Pepper



Coriander



Jalfrezi Spice



Chopped Tomatoes



Chicken Stock Powder



Naan

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Fine Grater (or Garlic Press), Chopping Board, Sharp Knife and Baking Tray.

Ingredients

	2P	3P	4P
Jasmine Rice	150g	225g	300g
Chicken Thigh Diced**	210g	350g	420g
Garlic**	2 cloves	3 cloves	4 cloves
Onion**	1	1	2
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Jalfrezi Spice	1 small pot	¾ large pot	1 large pot
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Naan 7) 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	803g	100g
Energy (kJ/kcal)	3494 / 835	435 / 104
Fat (g)	14	2
Sat. Fat (g)	3	0
Carbohydrate (g)	133	17
Sugars (g)	19	2
Protein (g)	40	5
Salt (g)	2.15	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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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Get Prepped

a) Bring a large saucepan of **water** to the boil with a 0.25 tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Finish the Sauce

a) Pop your grill onto high-heat for your naans.

b) Once the **vegetables** are soft, add the **jalfrezi spice mix** and the **garlic**. Cook, stirring for one minute.

c) Add the **chopped tomatoes**, **chicken stock powder** and **sugar** (see ingredients for amount) and stir together.

d) Bring to the boil and simmer until the **sauce** has thickened, 4-5 mins.



Start the Curry

a) Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

b) When hot, add the **chicken** and season with **salt** and **pepper**.

c) Stir-fry until golden brown on the outside, 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



Warm the Naan

a) Place the **naans** under the grill and cook until toasted and golden, 2-3 mins.



Cook the Veg

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

b) Halve, peel and chop the **onion** into small pieces.

c) Halve the **green pepper** and discard the core and seeds. Chop into 1cm sized chunks.

d) Roughly chop the **coriander** (stalks and all).

e) Add the **onion** and **green pepper** to the **chicken** and stir-fry until they have softened, 5-6 mins.



Serve Up

a) Taste and season the **curry** with **salt** and **pepper**, if you think it needs it and stir through **half** the **coriander**.

b) Fluff up the **rice** and share between your bowls.

c) Top with the **curry** and a sprinkling of the remaining **coriander**.

d) Serve with the **naan**.

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.