



Chicken and Potato Massaman Curry

with Green Beans and Rice

EXTRA RAPID 10 Minutes • Medium Heat

Nº 12



Green Beans



Lime



Massaman Curry Paste



Coconut Milk



Chicken Stock Powder



Cooked Pulled Chicken



Pre-cooked Diced Potato



Steamed Rice

Before you start

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

Basic cooking tools, you will need:

Fine Grater, Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	1 large pack
Lime	1	1½	2
Massaman Curry Paste**	1 large sachet	2 small sachets	2 large sachets
Coconut Milk	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Cooked Pulled Chicken**	1 pack	1½ packs	2 packs
Pre-cooked Diced Potato**	1 pack	1½ packs	2 packs
Water for the Curry*	150ml	225ml	300ml
Steamed Rice	1 pouch	1½ pouches	2 pouches

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	2943 /704	483 /116
Fat (g)	26	4
Sat. Fat (g)	17	3
Carbohydrate (g)	74	12
Sugars (g)	7	1
Protein (g)	43	7
Salt (g)	4.52	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

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

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Packed in the UK



1. Get Started!

- Trim the **green beans** then chop into thirds.
- Zest and halve the **lime**.
- Heat a drizzle of **oil** in a large saucepan with a lid over medium high heat.
- Add the **massaman paste** and cook, stirring, until aromatic, 1 min.

2. Simmer the Curry

- Add the **coconut milk, chicken stock powder, chicken, potatoes, green beans** and **water** (see ingredients for amounts).
- Season with **salt** and **pepper**, mix well and bring to a simmer. Lower the heat and cover with a lid and simmer until the **green beans** are just tender and everything is piping hot, 5 mins.
- Meanwhile, cook the **steamed rice** according to pack instructions.

3. Finish Up!

- Taste the **curry** and add more **salt** and **pepper** to taste.
- Stir through **half** the **lime zest** and add a squeeze of **lime juice**.
- Divide the **rice** between bowls and top with the **curry**. Scatter over the remaining **lime zest** and serve with **lime wedges**.

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.