



# Chicken and Spinach Curry

with Rice and Mango Chutney

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day

11



Basmati Rice



Onion



Garlic Clove



Green Chilli



Diced Chicken Thigh



Korma Curry Paste



Tomato Purée



Tomato Passata



Chicken Stock Powder



Coriander



Baby Spinach



Mango Chutney

## Before you start

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

## Cooking tools, you will need:

Saucepan, Sieve, Garlic Press, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	½	1	1
Diced Chicken Thigh**	280g	420g	560g
Korma Curry Paste 9)	50g	75g	100g
Tomato Purée	1 sachets	2 sachets	2 sachets
Tomato Passata	1 carton	1 ½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Baby Spinach**	100g	150g	200g
Mango Chutney	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	563g	100g
Energy (kJ/kcal)	2987 /714	531 /127
Fat (g)	21	4
Sat. Fat (g)	5	1
Carbohydrate (g)	90	16
Sugars (g)	24	4
Protein (g)	40	7
Salt (g)	3.10	0.55

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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HelloFresh UK

Packed in the UK

The Fresh Farm

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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.



### 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).



### 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.



### Finish Up!

**a)** Add the **spinach** to the **sauce** a handful at a time until it's wilted and piping hot, 1-2 mins.

**b)** Simmer until the sauce has reduced slightly, the **chicken** is cooked and the flavours have developed, 3-4 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*

**c)** Stir the **mango chutney** and **half** the **coriander** through the curry.

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



### 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 it's softened, 2-3 mins.



### 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!

**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.