



OCT  
2016

## Coronation Chicken

with Parsley Potatoes and Garlicky Cabbage

This sweet and tangy curry chicken is a classic British dish inspired by Queen Elizabeth's coronation in 1953. Sweet apricot jam and punchy curry powder make a delicious sauce, and it's perfectly paired with a side of mash and cabbage!



Chicken Thighs



Garlic



Onion



Savoy Cabbage



Parsley



Mini Yukon Potatoes



Lemon



Mild Curry Powder



Apricot Jam



Sultana Raisins



Sour Cream

## Ingredients

	2 People	4 People
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)
Onion, thinly sliced	1 pkg (56 g)	2 pkg (113 g)
Parsley	1 pkg (7 g)	2 pkg (14 g)
Savoy Cabbage, thickly sliced	1 pkg (170 g)	2 pkg (340 g)
Mini Yukon Potatoes	1 pkg (285 g)	2 pkg (570 g)
Lemon	1	1
Mild Curry Powder	1 pkg (1 tsp)	2 pkg (2 tsp)
Apricot Jam	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Sultana Raisins	1 pkg (28 g)	2 pkg (56 g)
Sour Cream	1) 1 pkg (3 tbsp)	2 pkg (6 tbsp)
Garlic	2 cloves	4 cloves
Butter*	1 tbsp	2 tbsp
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Medium Pot, Large Non-Stick Pan, Measuring Cups, Measuring Spoons, Medium Bowl, Strainer, Zester

**Nutrition per person** Calories: 547 cal | Fat: 20 g | Protein: 40 g | Carbs: 56 g | Fibre: 7 g | Sodium: 335 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

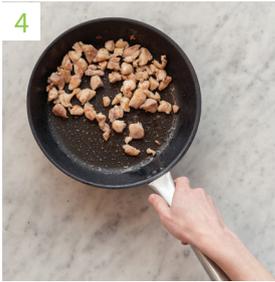
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**1 Prep:** Bring a medium pot of salted water to a boil. **Wash and dry all produce.** Peel (if desired) and cut the **potatoes** into ½-inch pieces. Mince or grate the **garlic**. Roughly chop the **parsley**. Zest, then halve the **lemon**. Cut the **chicken** into ½-inch pieces.

4



**2 Boil the potatoes:** Add the **potatoes** to the boiling water. Cook until they are fork-tender, 12-15 min.

**3 Cook the cabbage:** Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **garlic** and **cabbage**. Cook until the cabbage wilts, 3-4 min. (**TIP:** Add a splash of water to help it wilt!) Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.

5



**4 Cook the chicken:** Add another drizzle of **oil** to the pan, then the **onion**. Cook until softened, 3-4 min. Add the **chicken**. Cook, stirring occasionally, until chicken is golden on all sides, 4-5 min. Stir in the **curry powder**, **apricot jam** and **raisins**.

**5** Add ⅓ **cup water** (double for 4 people) to the pan. Bring to a boil, then add the **sour cream**. Cook until sauce reduces slightly, 2-4 min. Remove from the heat and stir in **half the parsley**, **lemon zest** and a squeeze of **lemon juice** to taste.

**6 Mash the potatoes:** Meanwhile, drain the **potatoes** and return them to the pot. Using a potato masher or fork, mash in the **butter** and **remaining parsley**. Season with **salt** and **pepper**.

**7 Finish and serve:** Serve the **coronation chicken** with a side of **garlicky cabbage** and **mashed potatoes**. Enjoy!

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