HELLO FRESH

Vindaloo Style Chicken Curry
with Rice and Spinach

Classic · 25 Minutes · Very Hot! · 1 of your 5 a day

Diced Chicken Thigh

Cider Vinegar

Goan Xacuti Spice

Basmati Rice

Onion

Ginger

Red Chilli

Garlic Clove

Tomato Passata

Chicken Stock Powder

Tomato Purée

Honey

Baby Spinach

Before you start

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

Cooking tools, you will need:

Mixing Bowl, Saucpean, Measuring Jug, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Goan Xacuti Spice	1 small pot	1 large pot	1 large pot
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Onion**	1	1	2
Ginger**	½ piece	1 piece	1 piece
Red Chilli**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Tomato Purée	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included   **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	493g	100g
Energy (kJ/kcal)	2630 /629	534 /128
Fat (g)	15	3
Sat. Fat (g)	4	1
Carbohydrate (g)	82	17
Sugars (g)	18	4
Protein (g)	40	8
Salt (g)	1.51	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

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.

1

Get Started!

Pop the **chicken** into a bowl with the **vinegar** and **half** the **Goan Xacuti curry powder**. Season with **salt** and **pepper**, stir together and set aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken.*

2

Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until you're ready to serve (the rice will continue to cook in its own steam).

3

Get Prepped!

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press).

4

Curry Time!

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot add the **chicken** and stir-fry until golden brown all over, 5-6 mins. Add the **onion** and cook until soft, a further 3-4 mins. Add the **garlic**, **chilli**, **ginger** and remaining **Goan curry powder**. **TIP:** *Add less curry powder and chilli if you don't like heat - they are very spicy!* Cook, stirring, for 1 minute.

5

Finish the Curry

Add the **passata**, **water** (see ingredients for amount), **chicken stock powder**, **tomato purée** and **honey** to the pan with the **chicken**. Season with **salt** and **pepper**, bring to a simmer and cook until thick and tomatoey, 7-9 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Add the **spinach** to the **curry** a handful at a time until wilted. Bring to the boil and simmer until the **sauce** has reduced slightly and the flavours have developed, 3-4 mins. Taste and season with **salt** and **pepper** if you like.

6

Serve!

Fluff up the **rice** with a fork and divide between bowls. Top with the **curry.**

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.