



Coconut Chicken Curry

with lentils and coriander rice

30-35 mins

20



Diced Chicken Breast



Lentils



Garam Masala



Coconut Milk



Coriander



Chilli



Onion



Garlic



Chopped Tomatoes



North Indian Style Spice Mix



Rice

Pantry Items: Water, Oil, Butter, Salt, Pepper



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Lentils	1 pack	2 packs
Garam Masala	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Coriander	5 g	10 g
Chilli	1 unit	2 units
Onion	1 unit	2 units
Garlic	2 units	4 units
Chopped Tomatoes	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	759.5 g	100 g
Energy (kJ/kcal)	3573.1 kJ/ 854 kcal	470.5 kJ/ 112.4 kcal
Fat (g)	22.6 g	3 g
Sat. Fat (g)	15.7 g	2.1 g
Carbohydrate (g)	100.1 g	13.2 g
Sugars (g)	29.4 g	3.9 g
Protein (g)	56 g	7.4 g
Salt (g)	3.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil. Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat. Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- Meanwhile, roughly chop the **coriander** (stalks and all).
- Just before serving, stir **half** the chopped **coriander** through the **rice**.



Simmer the Sauce

- Add the **garlic**, **garam masala** and **North Indian spice mix** to the **chicken**. Fry until fragrant, 1 min.
- Stir in the **chilli** (use less if you don't like spice), **lentils**, **coconut milk**, **chopped tomatoes** and $\frac{1}{4}$ tsp **sugar** (double for 4p).
- Simmer gently until the sauce has thickened and the **chicken** is cooked through, 12-14 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir every so often to prevent sticking.



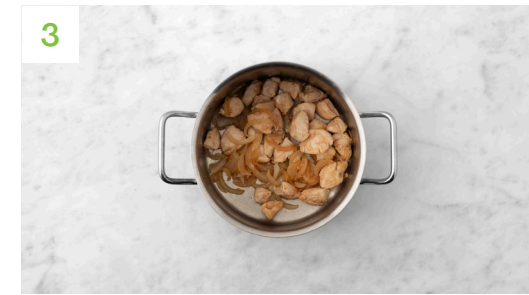
Get Prepped

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Drain and rinse the **lentils** in a sieve.



Finishing Touches

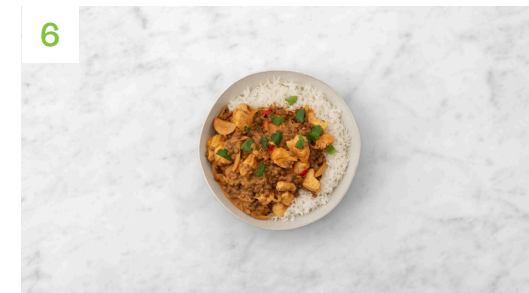
- Season the curry to taste with **salt** and **pepper**.
- Add a splash of **water** if you feel it's become too thick.



Start the Curry

- Place a large pot over high heat with a drizzle of **oil**.
- Once hot, fry **onion** until softened, 4-5 mins.
- Add **chicken** and season with **salt** and **pepper**.
- Fry until browned, stirring occasionally, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is due to packaging used to keep it fresh. It will still taste delicious once cooked!



Garnish and Serve

- Spoon the **rice** into one side of your bowls.
- Serve the **chicken** curry alongside.
- Garnish with a sprinkling of the remaining **coriander**.

Enjoy!