



Chicken Curry with Ballymaloe Relish

with broccolini and rice

Family Quick Cook 20 – 25 mins

25

Recipe Update

Due to supply chain issues, you'll receive **broccolini** instead of **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions and it'll still be just as delicious!



Diced Chicken Breast



Rice



Onion



Garlic



North Indian Style Spice Mix



Stock



Korma Curry Paste



Broccolini



Ballymaloe Tomato Relish



Coconut Milk

Pantry Items: Salt, Pepper, Oil, Water



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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, pan with lid, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Rice	150 g	300 g
Onion	1 unit	2 units
Garlic	2 units	4 units
North Indian Style Spice Mix	2 sachets	4 sachets
Stock	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Broccolini	150 g	300 g
Ballymaloe Tomato Relish	2 pots	4 pots
Coconut Milk	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	499 g	100 g
Energy (kJ/kcal)	3247 kJ/ 776 kcal	651 kJ/ 156 kcal
Fat (g)	26 g	5.2 g
Sat. Fat (g)	16.2 g	3.2 g
Carbohydrate (g)	91.9 g	18.4 g
Sugars (g)	21 g	4.2 g
Protein (g)	44.9 g	9 g
Salt (g)	2.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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 medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Broccolini

- Add the **broccolini**, then the **garlic** and **North Indian spice**.
- Cook until fragrant, 1 min.



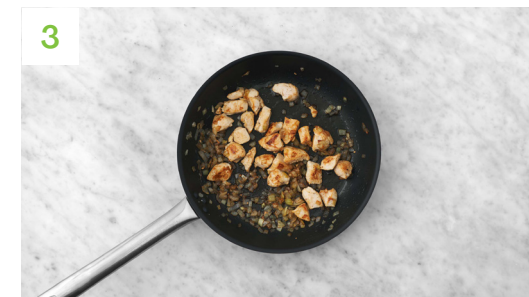
Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **broccolini** into thirds.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Simmer the Sauce

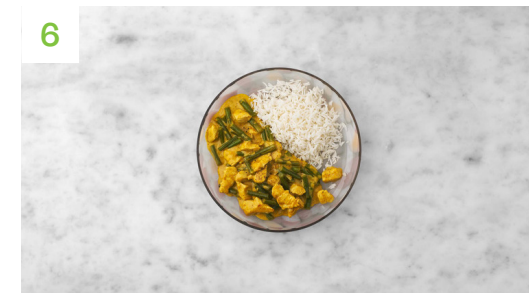
- Add the **korma paste**, **coconut milk**, **stock** and 25ml **water** (double for 4p).
- Cover and simmer until sauce is slightly reduced, 7-9 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle
- Season to taste with **salt** and **pepper**. Loosen the sauce with a splash of **water** if you feel it's too thick.



Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **chicken**, stirring occasionally, until the **onion** is softened and the **chicken** is golden brown on the outside, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls alongside the **chicken** curry.
- Serve the **Ballymaloe relish** on the side.

Enjoy!