



Creamy North Indian Chicken Curry

with green beans and broccolini

20 – 25 mins

15



Diced Chicken Breast



North Indian Style Spice Mix



Korma Curry Paste



Creme Fraiche



Green Beans



Broccolini



Chilli



Quinoa



Shallot



Stock

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



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

Pan with lid, pot with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
North Indian Style Spice Mix	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Creme Fraiche	110 g	220 g
Green Beans	75 g	150 g
Broccoli	75 g	150 g
Chilli	1 unit	2 units
Quinoa	170 g	340 g
Shallot	1 unit	2 units
Stock	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	415.5 g	100 g
Energy (kJ/kcal)	3041.8 kJ/ 727 kcal	732.1 kJ/ 175 kcal
Fat (g)	27 g	6.5 g
Sat. Fat (g)	10.9 g	2.6 g
Carbohydrate (g)	70.6 g	17 g
Sugars (g)	9.4 g	2.3 g
Protein (g)	51 g	12.3 g
Salt (g)	2.1 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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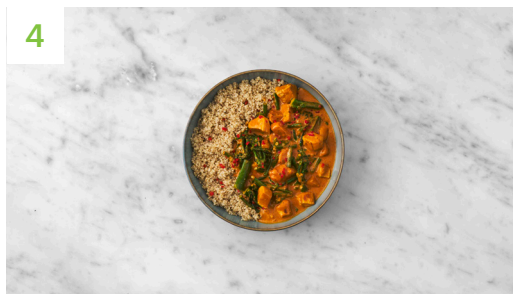


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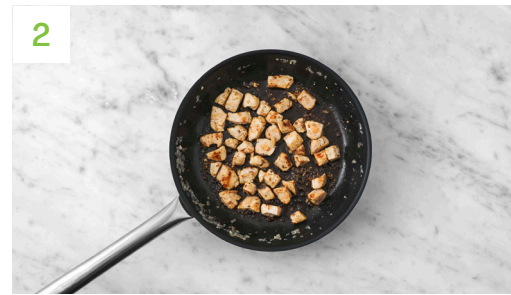
- Boil a large pot of **water** for the **quinoa**.
- Stir in the **quinoa** and **half** the **stock** and bring back to the boil. Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins. Drain in a sieve and return to the pot, off the heat. Cover with a lid and set aside.
- Season to taste with **salt** and **pepper**.
- Meanwhile, halve, peel and chop the **shallot** into small pieces.
- Trim the **green beans**, then chop into thirds.



Finish and Serve

- Divide the **quinoa** between bowls.
- Top with the **chicken** curry.
- Scatter over the remaining **chilli** (use less if you don't like spice).

Enjoy!



Soften the Shallot

- Chop the **broccolini** into thirds.
- Halve and deseed the **chilli**. Finely chop.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **shallot** and **chicken**. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Cook, stirring occasionally, 6-8 mins.

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



Simmer the Sauce

- Add **North Indian spice** and **half** the **chilli** (use less if you don't like spice). Fry for 1 min.
- Add **green beans**, **broccolini**, **korma paste**, **creme fraiche**, remaining **stock**, 100ml **water** and ½ tsp **sugar** (double both for 4p).
- Cover and simmer until the **chicken** is cooked through, 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add a splash of **water** to loosen the sauce if needed. Once ready, season to taste with **salt** and **pepper**.