



# Mango Chicken Curry

with coriander and green veg

20 – 25 mins

25



Diced Chicken Breast



Curry Powder



Shallot



Broccolini



Stock



Garlic



Creme Fraiche



Rice



Coriander



Mango Chutney

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
Curry Powder	2 sachets	4 sachets
Shallot	1 unit	2 units
Broccolini	150 g	300 g
Stock	1 sachet	2 sachets
Garlic	2 units	4 units
Creme Fraiche	110 g	220 g
Rice	150 g	300 g
Coriander	5 g	10 g
Mango Chutney	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>396.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2724 kJ/ 651 kcal	687 kJ/ 164 kcal
Fat (g)	18.5 g	4.7 g
Sat. Fat (g)	9.5 g	2.4 g
Carbohydrate (g)	80 g	20.2 g
Sugars (g)	14 g	3.5 g
Protein (g)	43.6 g	11 g
Salt (g)	0.6 g	0.2 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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### Boil the Rice

- Pour 300ml cold **salted water** (per 2P) 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, cover, and cook for 10 mins.
- Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Simmer the Curry

- Add the **garlic** and **curry powder** and stir to coat the **chicken**. Cook for 1 min.
- Pour in 100ml **water** (per 2P) along with the **stock**.
- Add the **broccolini**, bring to the boil, then reduce the heat to medium.
- Cover the pan with a lid or some foil.
- Simmer until the **broccolini** tender, 5-7 mins.



### Prep the Veg

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).



### Finishing Touches

- Once the **broccolini** is tender and the **chicken** is cooked, remove the lid from the pan and stir in the **creme fraiche** and **chutney**. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Bring to the boil, then remove from the heat.
- Stir through **half** the **coriander**.
- Taste and season with **salt** and **pepper** if desired.



### Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken** and season with **salt** and **pepper**.
- Cook until the **chicken** is browned, 5-6 mins. **IMPORTANT:** Wash hands after handling raw chicken and its packaging.
- Once the **chicken** is browned, add the **shallot** and cook until softened, stirring frequently, 3-4 mins.

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



### Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **chicken** curry.
- Finish with a sprinkling of the remaining **coriander**.

**Enjoy!**