



Korma Style Chicken Curry

with green beans, broccolini and quinoa

20 – 25 mins

1



Diced Chicken



North Indian Style Spice Mix



Korma Curry Paste



Creme Fraiche



Green Beans



Broccolini



Chilli



Stock



Quinoa



Shallot

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 | 260 g | 560 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 |
| Broccolini | 75 g | 150 g |
| Chilli | 1 unit | 2 units |
| Stock | 1 sachet | 2 sachets |
| Quinoa | 170 g | 340 g |
| Shallot | 1 unit | 2 units |

Nutrition

| | Per serving | Per 100g |
|---------------------------------|----------------------|---------------------|
| for uncooked ingredients | 410.5 g | 100 g |
| Energy (kJ/kcal) | 3003 kJ/ 718 kcal | 732 kJ/ 175 kcal |
| Fat (g) | 25.2 g | 6.1 g |
| Sat. Fat (g) | 10.2 g | 2.5 g |
| Carbohydrate (g) | 70 g | 17.1 g |
| Sugars (g) | 9.3 g | 2.3 g |
| Protein (g) | 50 g | 12.2 g |
| Salt (g) | 2.7 g | 0.6 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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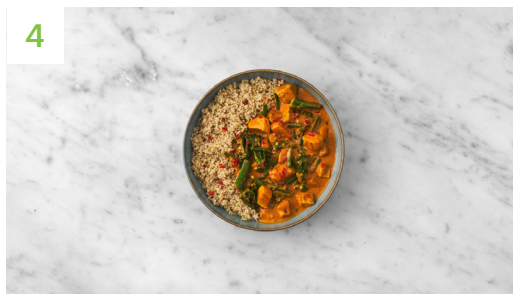


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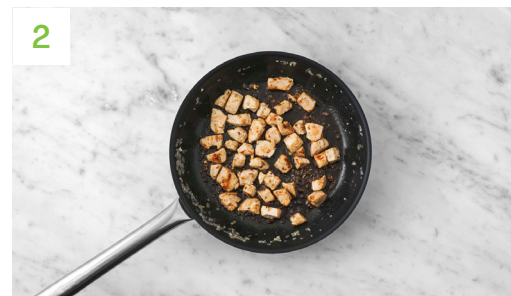
1. Rinse the **quinoa**. Boil 280ml **salted water** (per 2P) in a medium pot with a tight-fitting lid.
2. Add the **quinoa** and **half the stock**. Reduce the heat to medium-high, cover and cook for 4-5 mins.
3. Reduce the heat to medium-low and cook, covered, a further 7-8 mins. Remove from the heat and cover to keep warm.
4. Meanwhile, halve, peel and chop the **shallot** into small pieces.
5. Trim the **green beans**, then chop into thirds.



Finish and Serve

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

Enjoy!



Soften the Veg

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



Simmer the Sauce

1. Add **North Indian spice** and **half the chilli** (use less if you don't like spice). Fry for 1 min.
2. Pop in **korma paste**, **creme fraiche**, remaining **stock**, 100ml **water** (per 2P) and ½ tsp **sugar** (per 2P).
3. Cover and simmer until **chicken** is cooked through, 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
4. Add a splash of **water** to loosen the sauce if needed. Once ready, season to taste with **salt** and **pepper**.