



Mango Chicken Curry with coriander and green beans

20 – 25 mins

16



Diced Irish Chicken Breast



Curry Powder



Shallot



Green Beans



Stock



Garlic



Creme Fraiche



Rice



Coriander



Mango Chutney



North Indian Style Spice Mix



Diced Chicken Breast



Beef Strips



Prawns

Pantry Items: 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Curry Powder	1 sachet	2 sachets
Shallot	1 unit	2 units
Green Beans	150 g	300 g
Stock	1 sachet	2 sachets
Garlic	2 units	4 units
Creame Fraiche	110 g	220 g
Rice	150 g	300 g
Coriander	5 g	10 g
Mango Chutney	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets
Diced Chicken Breast	520 g	1040 g
Beef Strips	250 g	500 g
Prawns	150 g	300 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	682 kJ/ 163 kcal	624 kJ/ 149 kcal	693 kJ/ 166 kcal	674 kJ/ 161 kcal
Fat (g)	4.4 g	3.6 g	5 g	4.8 g
Sat. Fat (g)	2.3 g	1.8 g	2.6 g	2.6 g
Carbohydrate (g)	20.5 g	15.4 g	20.7 g	23.8 g
Sugars (g)	3.8 g	2.9 g	3.9 g	4.4 g
Protein (g)	10.6 g	13.9 g	9.6 g	6.2 g
Salt (g)	0.1 g	0.1 g	0.1 g	0.4 g

See site or app for detailed nutritional info.

Allergens

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

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



Prep the Veg

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



Finishing Touches

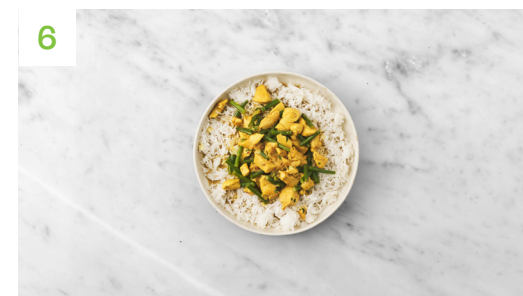
- Once the **green beans** are tender and the **chicken** is cooked, remove the lid from the pan and stir in the **creme fraiche** and **chutney**. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Bring to the boil, then remove from the heat.
- Stir through **half** the **coriander**.
- 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!

CUSTOM OPTIONS



BEEF STRIPS

Swapping to beef strips? Fry the beef until browned, 2-3 mins, then remove before adding the veg. Stir the strips back into the curry just before serving.



PRAWNS

Swapping to prawns? Add to the hot pan and fry until cooked through, 4-5 mins.