



Chicken Korma Style Curry

with broccoli and rice

20 – 25 mins

2



Diced Irish Chicken Breast



Rice



Korma Curry Paste



Stock



Onion



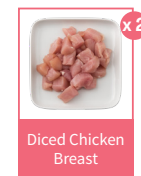
Broccoli



North Indian Style Spice Mix



Coconut Milk



Diced Chicken Breast

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



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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.

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

Pan with lid, pot with lid

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Rice	150 g	300 g
Korma Curry Paste	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Onion	1 unit	2 units
Broccoli	1 unit	1 unit
North Indian Style Spice Mix	2 sachets	4 sachets
Coconut Milk	1 pack	2 packs
Diced Chicken Breast	520 g	1040 g

Nutrition

for uncooked ingredient	Recipe 1	
	Per 100g	Per 100g
Energy (kJ/kcal)	593.5 kJ / 141.8 kcal	565 kJ / 135 kcal
Fat (g)	5 g	4.2 g
Sat. Fat (g)	3.1 g	2.5 g
Carbohydrate (g)	15.8 g	12.6 g
Sugars (g)	2 g	1.6 g
Protein (g)	9.1 g	12.1 g
Salt (g)	0.4 g	0.3 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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Make 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 and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Onion

- Once the **chicken** has browned, add the **onion** and cook, stirring occasionally, until softened, 3-4 mins.
- When the **onion** has softened, add the **North Indian spice mix, korma paste, stock** and 150ml **water** (per 2P).
- Give everything a good stir to combine.



Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Trim the tip of the **broccoli**. Cut head into florets and stem into 2cm pieces.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Simmer the Sauce

- Stir the **broccoli** into the sauce.
- Bring to the boil, cover the pan with a lid or some foil and simmer until **broccoli** is tender and **chicken** is cooked through, stirring occasionally, 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add the **coconut milk** and stir until completely warmed through.
- Season to taste with **salt, pepper** and **sugar**.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



Cook the Chicken

- Place a large pan over medium heat with a drizzle of **oil**.
- Once the pan is hot, add the **chicken** and fry until browned on all sides, shifting occasionally, 6-8 mins. **IMPORTANT:** Wash hands 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 we use to keep it fresh. It will taste delicious once cooked!



Finish and Serve

- Divide the fluffy **rice** between plates.
- Top with the **chicken** korma curry.

Enjoy!