



Indian-Style Chicken & Green Bean Curry with Rice

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Recipe Update

Unfortunately, some of this week's fresh ingredients were in short supply so your meal may look slightly different to the image. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Nutrition Per Serving: Energy 2875kJ (687Cal) | Protein 45.7g | Fat, total 26.9g- saturated 16.3g | Carbohydrate 71.3g - sugars 17.4g | Sodium 1414mg
The quantities provided above are averages only.

We're here to help! Scan here
2023 | WK31 | AL | v2



Get ready

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You'll need

(along with the basics)



Large Frying Pan

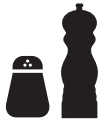


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Trimmed Green Beans	1 bag	1 bag
Chicken Tenderloins	1 small pkt	2 small pkts OR 1 large pkt
Mild Curry Paste	1 medium pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Trimmed Green Beans



Pea Pods



Chicken Tenderloins

2. Fry



Mild Curry Paste



Garlic Paste



Coconut Milk

3. Zap



Microwavable Basmati Rice



Tamarind Chutney

- Cut **beans** in half. Trim **pea pods**
- Cut **chicken** into 2cm chunks
- Heat **oil** in a frying pan over high heat
- Cook **chicken**, tossing, until browned, **2-3 mins**
- Add **beans** and **pea pods** and cook, tossing, until veggies are softened and chicken is cooked through (no longer pink inside), **4-5 mins**

- Reduce heat to medium. Add **mild curry paste** and **garlic paste**, stirring, until fragrant, **1 min**
- Add **coconut milk**, stirring to combine, until slightly reduced, **2-3 mins**. Season to taste

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **curry**.
- Serve with **tamarind chutney**



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate