

Coconut Chicken Curry

with Green Beans & Garlic Flatbread

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato



Green Beans



Chicken Tenderloins



Mild Curry Paste



Coconut Milk



Garlic Paste



Flatbread




Coriander



Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

 Eat Me Early

This one is just like take-away, only better! Mild curry paste and coconut milk are the stars of this dish, taking centre stage in creating the creamiest and coconutty curry for the chicken and veggies to absorb. Don't forget your flatbread dippers. Dunk and soak them to perfection!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

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 will need

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
green beans	1 small bag	1 medium bag
chicken tenderloins	1 medium packet	2 small packets OR 1 large packet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
garlic paste	1 packet	2 packets
flatbread	4	8
coriander	1 bag	1 bag
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2835kJ (678Cal)	579kJ (138Cal)
Protein (g)	47.1g	9.6g
Fat, total (g)	30.9g	6.3g
- saturated (g)	16.9g	3.4g
Carbohydrate (g)	50.6g	10.3g
- sugars (g)	13.4g	2.7g
Sodium (mg)	1557mg	318mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	575kJ (137Cal)
Protein (g)	24.3g	5.7g
Fat, total (g)	29g	6.8g
- saturated (g)	16.3g	3.8g
Carbohydrate (g)	50.6g	11.9g
- sugars (g)	13.4g	3.2g
Sodium (mg)	2138mg	503mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Roughly chop **tomato**.
- Trim **green beans**.
- Cut **chicken tenderloins** into 2cm chunks.



Cook the flatbreads

- Meanwhile, in a small bowl, combine **garlic paste** and **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and a pinch of **salt** and **pepper**.
- Brush or spread some **garlic oil** over both sides of a **flatbread**.
- Heat a second large frying pan over medium-high heat. Cook **flatbreads** until golden, **1 minute** each side.
- Transfer to a paper towel-lined plate. Repeat with remaining **flatbreads** and **garlic oil**.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** and **green beans**, tossing occasionally, until chicken is browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add **mild curry paste** and **tomato** and cook until fragrant, **1-2 minutes**.
- Add **coconut milk** and splash of water. Stir to combine and simmer until slightly thickened, **2-3 minutes**.

Custom Recipe: If you've upgraded to prawns, cook prawns with green beans, tossing, until pink and starting to curl up, 5-6 minutes. Continue as above.



Serve up

- Divide coconut chicken curry and garlic flatbreads between bowls.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

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