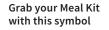


Coconut Chicken Curry

with Green Beans & Garlic Tortillas

TAKEAWAY FAVES

KID FRIENDLY











Green Beans



Chicken Tenderloins







Garlic Paste

Coconut Milk



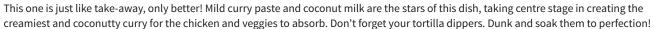
Mini Flour Tortillas



Coriander



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



Pantry items

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
refer to method	refer to method
1	2
1 small bag	1 medium bag
1 small packet	2 small packets OR 1 large packet
1 medium packet	1 large packet
1 packet	2 packets
1 packet	2 packets
6	12
1 bag	1 bag
1 packet (200g)	2 packets (400g)
	refer to method 1 small bag 1 small packet 1 medium packet 1 packet 6 l bag 1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2908kJ (695Cal)	589kJ (141Cal)
Protein (g)	47.5g	9.6g
Fat, total (g)	32.2g	6.5g
- saturated (g)	17.8g	3.6g
Carbohydrate (g)	50.5g	10.2g
- sugars (g)	10.7g	2.2g
Sodium (mg)	1562mg	316mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2517kJ (602Cal)	587kJ (140Cal)
Protein (g)	24.7g	5.8g
Fat, total (g)	30.2g	7g
- saturated (g)	17.2g	4g
Carbohydrate (g)	50.5g	11.8g
- sugars (g)	10.7g	2.5g
Sodium (mg)	2143mg	500mg

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.



Get prepped

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



Cook the tortillas

- 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 **mini flour tortilla**.
- Heat a second large frying pan over medium-high heat. Cook tortilla until golden, 1 minute each side.
- Transfer to a paper towel-lined plate. Repeat with remaining tortillas 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, until pink and starting to curl up, 5-6 minutes. Continue as above.



Serve up

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

Did we make your tastebuds happy?

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