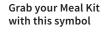


Quick Coconut Chicken Curry with Green Beans & Garlic Tortillas

CUSTOMER FAVOURITE

TAKEAWAY FAVES

KID FRIENDLY









Green Beans



Chicken Tenderloins





Garlic Paste

Coriander

Coconut Milk



Mini Flour



Tortillas





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

Eat Me First

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 tortilla dippers. Dunk and soak them to perfection!

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

e 4 People refer to method
nethod refer to method
2
pag 1 medium bag
packet 2 small packets OR 1 large packet
m packet 2 medium packets
2 packets
2 packets
12
1 bag
2 packets (400g)

^{*}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)	2467kJ (590Cal)	575kJ (137Cal)
Protein (g)	24.9g	5.8g
Fat, total (g)	30.7g	7.2g
- saturated (g)	17.2g	4g
Carbohydrate (g)	50.5g	11.8g
- sugars (g)	10.7g	2.5g
Sodium (mg)	2148mg	501mg

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 it's 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!

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns