

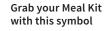
Coconut Chicken Curry

with Green Beans & Garlic Tortillas

TAKEAWAY FAVES

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR









Chicken Tenderloins



Trimmed Green



Mild Curry

Paste

Beans



Coconut Milk



Garlic Paste



Mini Flour



Coriander

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!



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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
trimmed green beans	1 bag	1 bag		
mild curry paste	1 medium packet	2 medium packets		
coconut milk	1 packet	2 packets		
garlic paste	1 medium packet	2 medium packets		
mini flour tortillas	6	12		
coriander	1 bag	1 bag		
peeled prawns**	1 packet (200g)	2 packets (400g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2929kJ (700Cal)	564kJ (135Cal)
Protein (g)	48g	9.2g
Fat, total (g)	32.2g	6.2g
- saturated (g)	17.8g	3.4g
Carbohydrate (g)	51.3g	9.9g
- sugars (g)	11.4g	2.2g
Sodium (mg)	1562mg	301mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2488kJ (595Cal)	548kJ (131Cal)
Protein (g)	25.4g	5.6g
Fat, total (g)	30.7g	6.8g
- saturated (g)	17.2g	3.8g
Carbohydrate (g)	51.3g	11.3g
- sugars (g)	11.4g	2.5g
Sodium (mg)	2148mg	473mg

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.
- 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 trimmed 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 a 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, 3-4 minutes. Continue as above.



Serve up

- Divide coconut chicken curry between bowls.
- Tear over coriander.
- Serve with and garlic tortillas. Enjoy!