

Prep in: 20-30 mins

Ready in: 25-35 mins

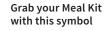
Eat Me First

# Quick Coconut Chicken Curry with Green Beans & Garlic Tortillas

TAKEAWAY FAVES

KID FRIENDLY

**CLIMATE SUPERSTAR** 













Mild Curry Paste

Trimmed Green Beans



Coconut Milk



Garlic Paste





Coriander





soak them to perfection!

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



## 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 thigh          | 1 small packet  | 2 small packets<br>OR 1 large packet |  |
| trimmed green<br>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        | 2 packets                            |  |
|                        |                 |                                      |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g              |
|------------------|-----------------|-----------------------|
| Energy (kJ)      | 2929kJ (700Cal) | <b>564kJ</b> (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 thigh 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 splash of **water**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.

**Custom Recipe:** If you've upgraded to peeled 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 between bowls.
- Tear over coriander.
- Serve with garlic tortillas. Enjoy!



Scan here if you have any questions or concerns

