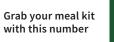


Super Easy Chicken & Green Bean Curry with Garlic Tortilla Dippers

FEEL-GOOD TAKEAWAY

KID FRIENDLY









Chicken Tenderloins



Trimmed Green



Beans





Coconut Milk







Mini Flour Tortillas

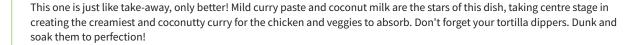






Prep in: 20-30 mins Ready in: 25-35 mins







Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
trimmed green beans	1 medium packet	1 large packet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
garlic paste	1 packet	2 packets
mini flour tortillas	6	12
coriander	½ packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2927kJ (700cal)	566kJ (109cal)
Protein (g)	48g	9.3g
Fat, total (g)	30.8g	6g
- saturated (g)	18g	3.5g
Carbohydrate (g)	53.2g	10.3g
- sugars (g)	11.8g	2.3g
Sodium (mg)	1531mg	296.1mg
Dietary Fibre (g)	9.7g	1.9g
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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.



Toast the tortillas

- Meanwhile, in a small bowl, combine garlic paste, 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 curry

- 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 no longer pink inside),
 5-6 minutes.
- Add mild curry paste and tomato and cook, stirring until fragrant,
 1-2 minutes.
- Add coconut milk and a splash of water. Stir to combine and simmer until slightly thickened, 2-3 minutes.



Serve up

- · Slice tortillas, if preferred.
- Divide chicken and green bean curry between bowls.
- Tear over coriander (see ingredients) and serve with garlic tortilla dippers. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!





Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

