

# Super Easy Chicken & Green Bean Curry

with Garlic Tortilla Dippers

FEEL-GOOD TAKEAWAY

KID FRIENDLY

Grab your meal kit with this number

41



Tomato



Chicken Tenderloins



Trimmed Green Beans



Mild Curry Paste



Coconut Milk



Garlic Paste



Mini Flour Tortillas



Coriander



Peeled Prawns



Chicken Tenderloins

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



Protein Rich



Eat Me Early

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 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
<b>olive oil*</b>	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

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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### CUSTOM OPTIONS



#### SWAP TO PEELED PRAWNS

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.



#### DOUBLE CHICKEN TENDERLOINS

Follow method above.

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

