

# Quick Coconut Chicken Curry

with Green Beans & Garlic Naan

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Tomato



Coconut Milk



Naan Bread



Coriander



Chicken Tenderloins



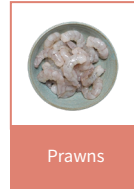
Trimmed Green Beans



Mild Curry Paste



Garlic Paste



Prawns

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

Calorie Smart

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 naan bread dippers. Dunk and soak them to perfection!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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 small packet	1 large packet
trimmed green beans	1 medium bag	1 large bag
mild curry paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
garlic paste	1 packet	2 packets
naan bread	1 medium packet	1 large packet
coriander	1 bag	1 bag
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2224kJ (532Cal)	440kJ (105Cal)
Protein (g)	47.1g	9.3g
Fat, total (g)	30g	5.9g
- saturated (g)	16.7g	3.3g
Carbohydrate (g)	44.8g	8.9g
- sugars (g)	11.9g	2.4g
Sodium (mg)	1586mg	314mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1862kJ (445Cal)	423kJ (101Cal)
Protein (g)	24.3g	5.5g
Fat, total (g)	28.1g	6.4g
- saturated (g)	16.1g	3.7g
Carbohydrate (g)	44.8g	10.2g
- sugars (g)	11.9g	2.7g
Sodium (mg)	2167mg	492mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Roughly chop **tomato**.
- Cut **chicken tenderloins** into 2cm chunks.



## Cook the flat breads

- Meanwhile, in a small bowl, combine **garlic paste** and **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people).
- Brush (or spread using the back of a spoon) some **garlic oil** over both sides of **naan bread**.
- Heat a second large frying pan over medium-high heat and add a **naan**. Cook until golden and warmed through, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate. Repeat with the remaining **naan**.



## 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 browned and cooked through, **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**.

**TIP:** Chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** If you've swapped 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 naan between bowls.
- Tear over **coriander**. Enjoy!

## Rate your recipe

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