



Indian-Style Chicken & Green Bean Curry with Rice & Coriander

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2536kJ (606Cal) | Protein 44.8g | Fat, total 26.3g - saturated 16.2g | Carbohydrate 53.3g - sugars 9.3g | Sodium 1223mg
Calorie Smart | The quantities provided above are averages only.

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2022 | WK40 | AL



Get ready

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

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

You'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Trimmed Green Beans	1 bag	1 bag
Chicken Tenderloin	1 small pkt	1 large pkt
Mild Curry Paste	1 medium pkt	1 large pkt
Garlic Paste	1 pkt	2 pkts

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Boil



Trimmed Green Beans



Pea Pods



Chicken Tenderloin

2. Simmer



Mild Curry Paste



Garlic Paste



Coconut Milk

3. Zap



Microwavable Basmati Rice



Crispy Shallots



Coriander

- Cut **beans** in half. Trim **pea pods**
- Cut **chicken** into 2cm chunks
- Heat **olive oil** in a frying pan over high heat
- Cook **chicken**, tossing, until browned, **2-3 mins**
- Add **beans** and **pea pods** and cook, tossing, until veggies are softened and chicken is cooked through (no longer pink inside), **4-5 mins**

- Reduce heat to medium. Add **mild curry paste** and **garlic paste**, stirring, until fragrant, **1 min**
- Add **coconut milk**, stirring to combine, until slightly reduced, **2-3 minutes**
- Season to taste

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **curry**. Sprinkle with **crispy shallots**
- Tear over **coriander** to serve. Enjoy!



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