

# Creamy Chicken Korma with Basmati Rice and Green Beans

hellóchef

This mild curry is a great way of introducing kids to curry.

Cals 983 • Prot 65 • Carbs 105 • Fat 39

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🕒 cook: 30 min

R2220





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Red onion	1	1	2	Piece
Cardamom pods	4	6	8	Piece
Vegetable oil	1	2	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Coriander cumin powder	4	4	8	Grams
Garam masala	2	5	8	Grams
Turmeric powder	2	4	4	Grams
Chilli powder	2	2	4	Grams
Tomato paste	30	50	70	Grams
Mango chutney	50	75	100	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Coconut cream	200	400	400	Grams
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Almond flakes 1*, 2*	30	45	60	Grams
Fresh coriander	15	15	15	Grams

Rice

Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML

Green beans

Green beans	150	250	375	Grams
Butter 4*	10	20	20	Grams
Nigella seeds 3*, 13*	5	5	10	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery, \*1 Peanuts, \*2 Tree Nuts, \*3 Sesame Seeds, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4113 / 983
Fat (g)	39.3
of which saturates (g)	25.4
Carbohydrate (g)	105
of which sugars (g)	19.8
Fiber (g)	10.9
Protein (g)	64.6
Salt (g)	3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



2 Fry

Meanwhile, peel and finely chop the **red onion**. Split the **cardamom pods** open with the back of a knife. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **ginger garlic paste, cardamom pods, coriander cumin powder, garam masala, turmeric** and a pinch of **chilli powder (spicy!)**. Fry for 1 min further.

**Tip!** Sensitive to spice? Go easy on the chilli powder.



3 Simmer

Add the **tomato paste** and fry for 1 min further. Add the **mango chutney, [0.5/1/1] chicken stock cube** and **coconut cream**.



4 Add chicken

Chop the **chicken** into bite-sized pieces and add them to the pan. Simmer for 12-15 min further or until the **chicken** is cooked through. Season with **salt** and **pepper** to taste.



5 Cook green beans

Meanwhile, bring a pot of salted boiling water to the boil. Trim the **green beans**. Once the water is boiling, add the **green beans** and cook for 3-4 min or until tender. Drain once cooked. Return the **green beans** to the pot with the **butter** and **nigella seeds**. Stir until the **butter** melts through. Season with **salt** and **pepper** to taste.



6 Serve

Divide the **basmati rice** and **chicken korma curry** among bowls. Serve the **green beans** alongside. Garnish with the **almond flakes** and **fresh coriander leaves**.