



**HELLO  
FRESH**

# Curry Spiced Chicken Breast

with Creamy Curried Lentils and Braised Courgette

High Protein

Preparation time : 40 min.



**What did you think of this recipe?**  
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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/curry-spiced-chicken-breast-397>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Lid, Pan, Sieve

Ingredients for 1-6 people

| Ingredient                          | 2p | 3p  | 4p  |
|-------------------------------------|----|-----|-----|
| Courgette (unit(s))                 | 1  | 2   | 2   |
| British Chicken Breasts (unit(s))   | 2  | 3   | 4   |
| Curry Powder Mix (sachet(s))        | 1  | 2   | 2   |
| Chicken Stock Paste (grams)         | 10 | 15  | 20  |
| Lentils (carton(s))                 | 1  | 1½  | 2   |
| Korma Curry Paste (grams)           | 50 | 75  | 100 |
| Soured Cream (grams)                | 75 | 150 | 150 |
| Baby Spinach (grams)                | 40 | 100 | 100 |
| Toasted Flaked Almonds (grams)      | 15 | 25  | 30  |
| Butter (grams)                      | 20 | 30  | 40  |
| Water for the Sauce (milliliter(s)) | 50 | 75  | 100 |
| Sugar for the Sauce (tsp)           | 1  | 1½  | 2   |
| Honey (tbsp)                        | 1  | 1½  | 2   |

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

| Per serving        | Amount   |
|--------------------|----------|
| Energy (kJ)        | 2600 kJ  |
| Energy (kcal)      | 621 kcal |
| Fat                | 31.3 g   |
| of which saturates | 11.4 g   |
| Carbohydrate       | 37 g     |
| of which sugars    | 15.6 g   |
| Dietary Fibre      | 14.8 g   |
| Protein            | 53.9 g   |
| Salt               | 4.4 g    |

Allergens

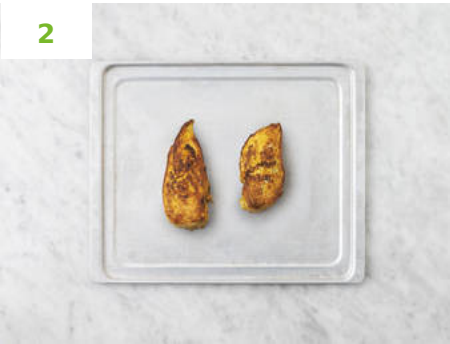
Mustard, Milk, Wheat, Pecan Nuts, May contain traces of allergens, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Celery, Barley, Cereals containing gluten, Rye, Spelt (wheat), Almonds, Cashew nuts, Walnuts, Kamut (wheat), Khorasan (wheat), Oats, Nuts

Always check the product labels for allergen information.



Cook the Courgette

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **courgette**, then quarter lengthways. Chop diagonally into large 3cm chunks. Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until lightly browned, 4-5 mins total. Turn only every couple of mins.



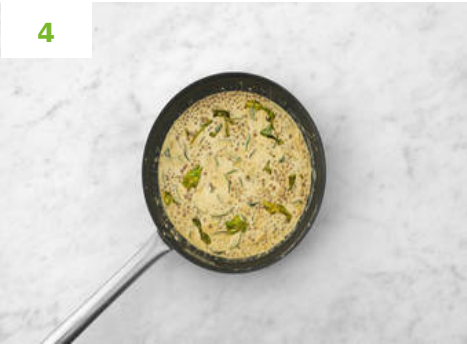
Roast the Chicken

Meanwhile, lay the **chicken breasts** onto a large baking tray, sprinkle over **half** the **curry powder mix**, drizzle with **oil** and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. Roast the **chicken** on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



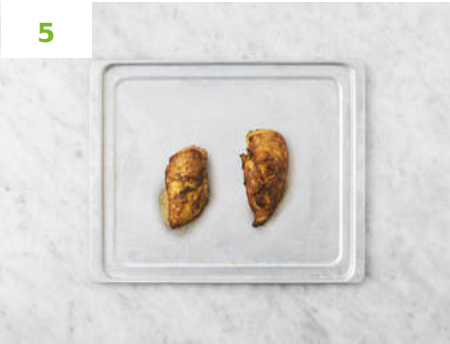
Braising Time

Once the **courgette** has lightly browned, reduce the heat to medium, then add the **butter** (see pantry for amount) and the remaining **curry powder mix** to the pan. Cook for 1-2 mins more. Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount), then cover with a lid (or foil). Allow to braise until tender, 2-3 mins.



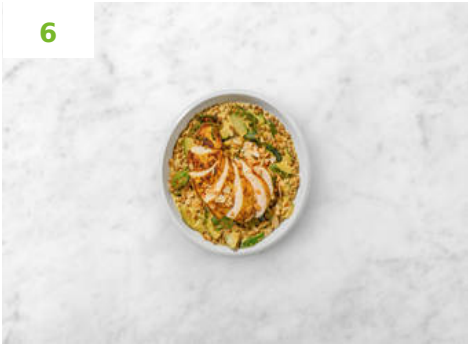
Curry Up

Meanwhile, drain and rinse the **lentils** in a sieve. Stir the **lentils**, **korma curry paste**, **soured cream**, **spinach** and **sugar for the sauce** (see pantry for amount) through the **braised courgette**. Bring to the boil, then lower the heat and simmer until the **spinach** has wilted and is piping hot, 1-2 mins. Remove from the heat. Taste and season with **salt** and **pepper** if needed.



Hey Honey

Just before everything's ready, reheat the **lentils**, adding a splash more **water** if you feel it needs it. Once the **chicken** is cooked, drizzle over the **honey** (see pantry for amount), then thinly slice widthways.



Serve Up

Share the **curried lentils** and **braised courgette** between your serving bowls. Top with the **sliced chicken** and sprinkle over the **flaked almonds** to finish.

Enjoy your meal!