



Creamy Indian Chicken Curry

with Green Beans & Basmati Rice

TAKEAWAY FAVES

KID FRIENDLY

BESTSELLER



Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Chicken Tenderloins



Ginger Paste



Garlic Paste



Tandoori Paste



Mild North Indian Spice Blend



Light Cooking Cream



Chicken Tenderloins

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

Eat Me Early

Tonight, let this curry transform your stock-standard weeknight dinner into a meal of a lifetime. Tandoori paste takes the lead by adding a hint of aromatic spices that forms the base of your curry dish and watch all of the flavours combine as it simmers to perfection. Pile it high onto a bed of fluffy basmati rice and dig in!

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

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 medium bag	2 medium bags
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
tandoori paste	1 packet	2 packets
mild North Indian spice blend	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
salt*	¼ tsp	½ tsp
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3174kJ (758Cal)	575kJ (137Cal)
Protein (g)	46.7g	8.5g
Fat, total (g)	26.6g	4.8g
- saturated (g)	9.9g	1.8g
Carbohydrate (g)	81.2g	14.7g
- sugars (g)	18.2g	3.3g
Sodium (mg)	1296mg	235mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3888kJ (929Cal)	542kJ (129Cal)
Protein (g)	83.3g	11.6g
Fat, total (g)	29g	4g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	81.2g	11.3g
- sugars (g)	18.2g	2.5g
Sodium (mg)	1366mg	191mg

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 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



Cook the rice

- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the curry

- Heat a large frying pan over medium-high heat. Add **carrot** and **green beans** and cook, tossing, until tender, **4-6 minutes**. Transfer to bowl and set aside.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, add **chicken** and cook, tossing occasionally, until browned, **5-6 minutes**.
- Reduce heat to medium and add **ginger paste**, **garlic paste**, **tandoori paste** and **mild North Indian spice blend** to the pan. Cook until fragrant, **1-2 minutes**.
- Add **light cooking cream**, the **water (for the sauce)**, the **brown sugar**, **cooked veggies** and the **salt**, simmer until slightly thickened, **2-3 minutes**.

TIP: Add a dash of water to help speed up the cooking process.

Custom Recipe: Cook chicken, tossing occasionally, for 8-10 minutes. Continue with step, as above.



Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons.
- Trim **green beans** and cut into thirds.
- Chop **chicken tenderloins** into 2cm chunks.

Custom Recipe: If you've doubled your chicken tenderloins, prep chicken as above.



Serve up

- Divide the basmati rice between bowls and top with the creamy Indian chicken curry to serve. Enjoy!

Rate your recipe

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