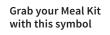


# Creamy Indian Chicken Curry with Green Beans & Basmati Rice

TAKEAWAY FAVES

KID FRIENDLY

BESTSELLER













Green Beans

Chicken Tenderloins







Tandoori Paste





Light Cooking Cream





**Pantry items** Olive Oil, Brown Sugar

Prep in: 25-35 mins

# 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

ii igi caici i			
	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)	1/4 cup	½ cup	
brown sugar*	½ tbs	1 tbs	
salt*	1/4 tsp	½ tsp	
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet	
* Pantry Items ** Custom Pecine Ingredient			

<sup>\*</sup>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)	<b>542kJ</b> (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.

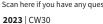
# **Allergens**

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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate