

Chicken Korma Curry & Garlic Flatbreads

with Tomato-Ginger Green Beans & Almonds

TASTE TOURS



Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Brown Onion



Green Beans



Tomato



Curry Leaves



Chicken Thigh



Ginger Paste



Mint



Coriander



Garlic Paste



Flatbread



Greek-Style Yoghurt



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Flaked Almonds



Onion Chutney

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

From the coconutty chicken curry and buttery rice, to the zingy and vibrant veggie side dish, you'll be savouring every bite of tonight's Indian-inspired feast! Did we mention the garlicky flatbreads? They're perfect for scooping up all the deliciousness.

Pantry items
Olive Oil, Butter

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 · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|---------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| butter* | 30g | 60g |
| water* | 1½ cups | 3 cups |
| basmati rice | 1 medium packet | 1 large packet |
| carrot | 1 | 2 |
| brown onion | 1 | 2 |
| green beans | 1 medium bag | 2 medium bags |
| tomato | 1 | 2 |
| curry leaves | ½ stem | 1 stem |
| mint | 1 bag | 1 bag |
| coriander | 1 bag | 1 bag |
| chicken thigh | 1 small packet | 2 small packets OR 1 large packet |
| ginger paste | 1 medium packet | 1 large packet |
| garlic paste | 1 packet | 2 packets |
| flatbread | 4 | 8 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| Mumbai spice blend | 1 medium sachet | 2 medium sachets OR 1 large sachet |
| mild curry paste | 1 medium packet | 2 medium packets |
| coconut milk | 1 packet | 2 packets |
| flaked almonds | 1 medium packet | 1 large packet |
| onion chutney | 1 packet (40g) | 2 packets (80g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 5465kJ (1306Cal) | 610kJ (146Cal) |
| Protein (g) | 53.6g | 6g |
| Fat, total (g) | 58.8g | 6.6g |
| - saturated (g) | 29.1g | 3.2g |
| Carbohydrate (g) | 136.5g | 15.2g |
| - sugars (g) | 36.7g | 4.1g |
| Sodium (mg) | 2370mg | 264mg |

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 butter rice

- In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over medium-high heat.
- Add the **water** and bring to the boil. Add **basmati rice** and a good pinch of **salt**. Stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from the heat.
- Keep covered, until rice is tender and water is absorbed, **10 minutes**.

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



Prep the sides

- In a small bowl, combine **garlic paste** and a generous drizzle of **olive oil**. Season, then stir to combine.
- Place **flatbreads** on a lined oven tray. Spread **garlic oil mixture** on both sides of each **flatbread**. Set aside.
- In a second small bowl, combine **Greek-style yoghurt** and **mint**.



Get prepped

- Meanwhile, preheat oven to **220°C/200°C** fan-forced.
- Cut **carrot** into thin rounds.
- Thinly slice **brown onion**.
- Trim **green beans**.
- Roughly chop **tomato**.
- Pick **curry leaves**.
- Thinly slice **mint** and **coriander leaves**.
- Cut **chicken thigh** into 2cm chunks.



Make the korma curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, **carrot** and **chicken**, tossing, until browned, **7-8 minutes**.
- Add **curry leaves**, **Mumbai spice blend** and **mild curry paste** and cook until fragrant, **1-2 minutes**.
- Stir in **coconut milk**. Simmer until slightly reduced and **chicken** is cooked through (when it's no longer pink inside), **4-5 minutes**.
- Meanwhile, bake **flatbreads** until warmed through, **4-7 minutes**.



Cook the tomato-ginger beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, tossing, until starting to soften, **2 minutes**.
- Add **ginger paste**, **tomato** and a splash of **water**. Cook until beans are tender and tomato is starting to break down, **2-3 minutes**.
- Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.



Serve up

- Divide rice between bowls. Top with chicken korma curry. Sprinkle over **flaked almonds** and coriander.
- Serve with garlic flatbreads, **onion chutney**, tomato-ginger beans and mint yoghurt. Enjoy!

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