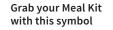


# Indian-Style Chicken Curry with Green Beans & Jasmine Rice

TAKEAWAY FAVES

BESTSELLER















Green Beans

Chicken Tenderloins









Tandoori Paste

Indian Spice Blend

**Light Cooking** Cream





Ready in: 25-35 mins

Eat Me Early

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 jasmine rice and dig in!

**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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (for the rice)	1¼ cups	2 ½ cups	
jasmine 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 Ingradient			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3132kJ (749Cal)	606kJ (145Cal)
Protein (g)	46.5g	9g
Fat, total (g)	26.6g	5.1g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	78.9g	15.3g
- sugars (g)	16g	3.1g
Sodium (mg)	1279mg	248mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3847kJ</b> (919Cal)	<b>564kJ</b> (135Cal)
Protein (g)	83.1g	12.2g
Fat, total (g)	29g	4.3g
- saturated (g)	10.7g	1.6g
Carbohydrate (g)	78.9g	11.6g
- sugars (g)	16g	2.3g
Sodium (mg)	1349mg	198mg

The quantities provided above are averages only.

## Allergens

2023 | CW46

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 jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat and keep covered until the rice is tender and the water is absorbed, 12 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 and cooked through, 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: Chicken is cooked through when it is no longer pink inside.

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 jasmine rice between bowls.
- Top with creamy Indian-style chicken curry to serve. Enjoy!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate