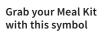


Indian-Style Chicken Curry with Green Beans & Jasmine Rice

TAKEAWAY FAVES

BESTSELLER















Green Beans

Chicken Tenderloins









Tandoori Paste

Indian Spice Blend



Light Cooking Cream



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



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 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

2 People	4 People
refer to method	refer to method
1¼ cups	2½ cups
1 medium packet	1 large packet
1	2
1 medium bag	2 medium bags
1 small packet	2 small packets OR 1 large packet
1 medium packet	1 large packet
1 packet	2 packets
1 packet	2 packets
1 medium sachet	1 large sachet
1 medium packet	1 large packet
1/4 cup	½ cup
½ tbs	1 tbs
1/4 tsp	½ tsp
1 small packet	2 small packets OR 1 large packet
	1¼ cups 1 medium packet 1 medium bag 1 small packet 1 medium packet 1 packet 1 packet 1 medium sachet 1 medium packet 1 medium packet ½ cup ½ tbs ¼ tsp

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3132kJ (749Cal)	606kJ (145Cal)
46.5g	9g
26.6g	5.1g
9.9g	1.9g
78.9g	15.3g
16g	3.1g
1279mg	248mg
	3132kJ (749Cal) 46.5g 26.6g 9.9g 78.9g 16g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3847kJ (919Cal)	564kJ (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

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 a 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), brown sugar, cooked veggies and salt and 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, prepare chicken as above.



Serve up

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