

Chicken Korma Curry & Garlic Tortillas with Tomato-Ginger Green Beans & Peanuts

TASTE TOURS



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



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 tortillas? They're perfect for scooping up all the deliciousness.

Grab your Meal Kit with this symbol













Brown Onion



Green Beans





Tomato



Curry Leaves



Coriander





Chicken Thigh **Ginger Paste**





Garlic Paste

Tortillas

Yoghurt



Mumbai Spice Blend





Mild Curry Coconut Milk Paste









Crushed Peanuts



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

Inaredients

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	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
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
crushed peanuts	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)	5491kJ (1312Cal)	634kJ (152Cal)
Protein (g)	53.9g	6.2g
Fat, total (g)	60g	6.9g
- saturated (g)	30g	3.5g
Carbohydrate (g)	134g	15.5g
- sugars (g)	31.9g	3.7g
Sodium (mg)	2358mg	272mg

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.



Cook the butter rice

- Preheat oven to 220°C/200°C fan-forced.
- 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 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!



Get prepped

- · Meanwhile, cut carrot into thin rounds.
- Thinly slice brown onion.
- Trim green beans.
- · Roughly chop tomato.
- Pick curry leaves (see ingredients).
- Thinly slice mint and coriander leaves.
- · Cut chicken thigh into 2cm chunks.



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.



Prep the sides

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



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 no longer pink inside), 4-5 minutes.
- · Meanwhile, bake tortillas until warmed through, 5-8 minutes.

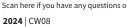


Serve up

- Divide rice between bowls. Top with chicken korma curry. Sprinkle over crushed peanuts and coriander.
- Serve with garlic tortillas, onion chutney, tomato-ginger beans and mint yoghurt. Enjoy!



Scan here if you have any questions or concerns







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