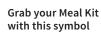


One-Pot Indian Chicken & Veggie Biryani

with Yoghurt & Coriander

KID FRIENDLY

CLIMATE SUPERSTAR











Bengal Curry







Baby Spinach Leaves





Coriander





Prep in: 25-35 mins Ready in: 35-45 mins

Eat Me Early



Tonight, we're bringing the hustle and bustle of an Indian night market to your kitchen. Perfect rich Bengali paste is the inspiration for this chicken served with a veggie pilaf - the night markets are now in your kitchen!



Olive Oil, Brown Sugar

Pantry items

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

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
Bengal curry paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water*	1¾ cups	3½ cups
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583Cal)	557kJ (133Cal)
Protein (g)	46.5g	10.6g
Fat, total (g)	8g	1.8g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	77g	17.6g
- sugars (g)	13.8g	3.2g
Sodium (mg)	1477mg	338mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3153kJ (754Cal)	523kJ (125Cal)
Protein (g)	83.1g	13.8g
Fat, total (g)	10.4g	1.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	77.2g	12.8g
- sugars (g)	13.8g	2.3g
Sodium (mg)	1547mg	257mg

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.



Scan here if you have any questions or concerns





Get prepped

Cut chicken breast into 2cm chunks.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above.



Cook the chicken & veggies

- Heat a large saucepan over high heat with a drizzle of olive oil. Cook chicken, until just browned, 2-3 minutes. Season with salt and pepper.
- Add **soffritto mix** and cook, stirring, until softened, **3-4 minutes**.
- Add **Bengal curry paste** and cook, stirring, until fragrant, **1 minute**.

Custom Recipe: Cook chicken in batches for best results.



Cook the rice

- Add basmati rice to the saucepan and stir to coat. Add the water and brown sugar. Stir then bring to boil.
- · Cover with a lid or foil and reduce heat to medium-low. Cook for 12 minutes, then remove the pan from heat. Keep covered until rice is tender and water is absorbed, 15 minutes. Stir through baby spinach leaves to wilt. Season to taste.

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



Serve up

- Divide one-pot Indian chicken and veggie biryani between bowls.
- Dollop with **Greek-style yoghurt** and tear **coriander** over to serve. Enjoy!



