

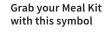
Mild North Indian Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

TAKEAWAY FAVES

CUSTOMER FAVOURITE

KID FRIENDLY









Crushed Peanuts



Chicken Thigh









Tomato Paste



Garlic Paste







Baby Spinach



Leaves

Mini Flour Tortillas



Yoghurt





Thanks to our mild North Indian spice blend and curry paste, you can whip up this crowd-pleasing butter chicken in less time than it





would take to order and wait for takeaway. Complete the dish with baked tortillas for scooping and peanut rice for crunch.

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

Medium saucepan with a lid \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
butter*	40g	80g
chicken thigh	1 small packet	2 small packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
mild curry paste	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water* (for the curry)	1/4 cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
chicken thigh**	1 small packets	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4171kJ (997Cal)	828kJ (198Cal)
Protein (g)	53g	10.5g
Fat, total (g)	32.5g	6.5g
- saturated (g)	12.2g	2.4g
Carbohydrate (g)	117.1g	23.3g
- sugars (g)	17.4g	3.5g
Sodium (mg)	1793mg	356mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4923kJ (1177Cal)	736kJ (176Cal)
Protein (g)	86.9g	13g
Fat, total (g)	37.3g	5.6g
- saturated (g)	13.7g	2g
Carbohydrate (g)	117.1g	17.5g
- sugars (g)	17.4g	2.6g
Sodium (mg)	1877mg	281mg

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.



Make the rice

- In a medium saucepan, add the water (for the rice) and bring to the boil.
 Add basmati rice. 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 (the rice will finish cooking in its own steam!).
- Stir crushed peanuts and half the butter through rice.
- While rice is cooking, preheat oven grill to high.
- · Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine mild North Indian spice blend, a drizzle of olive oil and a pinch of salt and pepper. Add chicken and toss to coat.

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



Grill the tortillas

- While chicken is cooking, combine remaining butter and remaining garlic paste in a small heatproof bowl. Microwave in 10 second bursts, until fragrant and melted.
- Spread garlic butter over one side of the mini flour tortillas.
- Place tortillas directly on an oven wire rack. Grill until golden, 3-5 minutes.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through, 4-6 minutes.
- Reduce heat to medium-high, then add tomato paste, mild curry paste and half the garlic paste. Cook until fragrant, 1 minute.
- Add light cooking cream, the brown sugar and the water (for the curry).
 Cook, stirring, until thickened, 2-3 minutes.
- Add baby spinach leaves and cook, stirring, until wilted, 1 minute.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Cook chicken as above, in batches for the best results!



Serve up

- Divide creamy butter chicken and peanut rice between bowls.
- Serve with a dollop of **Greek-style yoghurt** and garlic tortillas. Enjoy!

