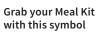


# Mild North Indian Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

TAKEAWAY FAVES

KID FRIENDLY









**Crushed Peanuts** 





Chicken Thigh

Indian Spice Blend



Tomato Paste





Garlic Paste







**Baby Spinach** 



Tortillas





Prep in: 15-25 mins Ready in: 30-40 mins

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.



Eat Me Early

#### 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	
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 medium packet	2 medium packets OR 1 large packet	
mild North Indian spice blend	1 medium sachet	1 large sachet	
tomato paste	1 medium packet	1 large packet	
mild curry paste	1 medium packet	2 medium packets	
garlic paste	1 medium packet	2 medium 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 packet	1 large packet	
mini flour tortillas	6	12	
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet	

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4864kJ (1163Cal)	929kJ (222Cal)
Protein (g)	49.4g	9.4g
Fat, total (g)	52.9g	10.1g
- saturated (g)	24.3g	4.6g
Carbohydrate (g)	117.3g	22.4g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1883mg	360mg
Dietary Fibre (g)	16g	3.1g
Custom Recipe		

#### Per 100g Energy (kJ) 5691kJ (1360Cal) 827kJ (198Cal) Protein (g) 79.8g 11.6g Fat, total (g) 61.3g 8.9g - saturated (g) 26.8g 3.9g Carbohydrate (g) 117.5g 17.1g 17.8g 2.6g - sugars (g) Sodium (mg) 1984mg 288mg

16g

2.3g

The quantities provided above are averages only.

#### **Allergens**

Dietary Fibre

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 & get prepped

- 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.
- · 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, prepare chicken as above.



#### Grill the tortillas

- While chicken is cooking, preheat oven grill to high.
- In a small heatproof bowl, combine remaining butter and remaining garlic paste. Microwave in 10 second bursts, until fragrant and melted.
- Spread garlic butter over one side of 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, 5-6 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 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. Return all chicken to the pan before continuing with the step.



## Serve up

- Divide creamy butter chicken and peanut rice between bowls.
- Serve with garlic tortillas. Enjoy!

