



Bengal-Style Chicken & Pumpkin Curry

with Green Beans & Basmati Rice

FEEL-GOOD TAKEAWAY

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Basmati Rice



Green Beans



Chicken Thigh



Ginger Paste



Garlic Paste



Bengal Curry Paste



Light Cooking Cream



Coriander



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Tonight, let this curry transform your stock-standard weeknight dinner into a meal of a lifetime. Bengal 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 basmati rice and dig in!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small packet	1 medium packet
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
green beans	1 medium packet	2 medium packets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
bengal curry paste	½ packet	1 packet
light cooking cream	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
salt*	¼ tsp	½ tsp
coriander	1 packet	1 packet
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3141kJ (751Cal)	602kJ (144Cal)
Protein (g)	46.7g	9g
Fat, total (g)	26.6g	5.1g
- saturated (g)	10g	1.9g
Carbohydrate (g)	79.3g	15.2g
- sugars (g)	16.2g	3.1g
Sodium (mg)	1280mg	245mg
Dietary Fibre (g)	12.4g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3857kJ (922Cal)	562kJ (134Cal)
Protein (g)	83.3g	12.1g
Fat, total (g)	29.1g	4.2g
- saturated (g)	10.8g	1.6g
Carbohydrate (g)	79.4g	11.6g
- sugars (g)	16.2g	2.4g
Sodium (mg)	1350mg	197mg
Dietary Fibre (g)	12.6g	1.7g

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.

1



Cook the rice

- Preheat oven to **220°C/200°C fan forced**. Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, 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 and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

3



Cook the curry

- Heat a large frying pan over medium-high heat. Cook **green beans** and **carrot**, tossing, until tender, **4-6 minutes**. Transfer to 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** and **bengal curry paste (see ingredients)** to the pan. Cook until fragrant, **1-2 minutes**.
- Add **light cooking cream**, the **water (for the sauce)**, **brown sugar**, **cooked veggies**, and **salt**, simmer until slightly thickened, **2-3 minutes**.

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

2



Get prepped

- While rice is cooking, trim **green beans** and cut into thirds.
- Cut **chicken thigh** into 2cm chunks.

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

4



Serve up

- Divide basmati rice between bowls.
- Top with Bengal-style chicken and pumpkin curry and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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