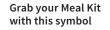


Bengal-Style Chicken & Pumpkin Curry with Green Beans & Basmati Rice

FEEL-GOOD TAKEAWAY









Peeled & Chopped Pumpkin







Green Beans







Ginger Paste



Bengal Curry



Light Cooking

Cream

Paste



Coriander





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!

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

9		
	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)	1/4 cup	½ cup
brown sugar*	½ tbs	1 tbs
salt*	1/4 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	12 6σ	1 7σ		

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 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!



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.



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.



Serve up

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

