



# Cosy Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

COSY COMFORTS

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Crushed Peanuts



Chicken Thigh



Mild North Indian Spice Blend



Bengal Curry Paste



Garlic Paste



Light Cooking Cream



Baby Spinach Leaves



Mini Flour Tortillas



Chicken Thigh



**THE GARFIELD MOVIE**

EXCLUSIVELY IN CINEMAS

**IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!**

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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

Eat Me Early

Curl up with a bowl of our crowd-pleasing butter chicken in less time than it would take to order and wait for takeaway. Tuck into the snuggliest and cosiest meals on the market that are sure to bring some warmth to the cooler weather.

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

### Pantry items

Olive Oil, Butter, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
<b>butter*</b>	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
bengal curry paste	½ packet	1 packet
garlic paste	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b> (for the curry)	¼ 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

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4730kJ (1130Cal)	973kJ (232Cal)
Protein (g)	48.1g	9.9g
Fat, total (g)	52.5g	10.8g
- saturated (g)	25g	5.1g
Carbohydrate (g)	112.5g	23.1g
- sugars (g)	13.8g	2.8g
Sodium (mg)	1441mg	296mg
Dietary Fibre (g)	12.2g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5556kJ (1327Cal)	853kJ (203Cal)
Protein (g)	78.5g	12.1g
Fat, total (g)	60.9g	9.4g
- saturated (g)	27.5g	4.2g
Carbohydrate (g)	112.7g	17.3g
- sugars (g)	14g	2.2g
Sodium (mg)	1542mg	237mg
Dietary Fibre	12.2g	1.9g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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.
- 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.

**Little cooks:** Help stir the peanuts through the rice!

3



## 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 **mini flour tortillas**.
- Place **tortillas** directly on an oven wire rack. Grill until golden, **3-5 minutes**.

2



## 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 **Bengal curry paste** (see **ingredients**) 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:** If you've doubled your chicken, prepare chicken as above and cook in batches for the best results!

4



## Serve up

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

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)