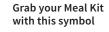


Cosy Butter Chicken with Spinach, Peanut Rice & Garlic Tortillas

COSY COMFORTS

TAKEAWAY FAVES

KID FRIENDLY









Crushed Peanuts



Chicken Thigh



Indian Spice Blend



Bengal Curry



Garlic Paste





Baby Spinach

Light Cooking Cream

Leaves

Mini Flour Tortillas





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

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.



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

3				
	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		
bengal curry paste	½ packet	1 packet		
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		
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^{*}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 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





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!



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.



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!



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