



# Pulled Chicken & Green Bean Tikka Masala

with Spinach Rice & Yoghurt

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Tomato



Slow-Cooked Chicken Breast



Trimmed Green Beans



Mild North Indian Spice Blend



Mild Curry Paste



Light Cooking Cream



Baby Spinach Leaves



Greek-Style Yoghurt



Coriander



Slow-Cooked Chicken Breast

Prep in: **5-15** mins  
Ready in: **25-35** mins

Let us transport you to India with this pulled chicken tikka masala. It will simmer to perfection on the stove, whilst basmati rice gets fragrant and fluffy at the same time. Sit back, relax and let all of its rich aromas take over!

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

## Pantry items

Olive Oil, Brown Sugar, Butter



## 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
tomato	1	2
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
trimmed green beans	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
<b>water*</b> (for the curry)	½ cup	¾ cup
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
coriander	1 packet	1 packet
slow-cooked chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3100kJ (741Cal)	657kJ (157Cal)
Protein (g)	34.9g	7.4g
Fat, total (g)	28.7g	6.1g
- saturated (g)	15.7g	3.3g
Carbohydrate (g)	82.5g	17.5g
- sugars (g)	17g	3.6g
Sodium (mg)	1645mg	348mg
Dietary Fibre (g)	12.3g	2.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3641kJ (870Cal)	637kJ (152Cal)
Protein (g)	57.6g	10.1g
Fat, total (g)	31.8g	5.6g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	84.8g	14.8g
- sugars (g)	17g	3g
Sodium (mg)	1944mg	340mg
Dietary Fibre	12.3g	2.2g

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.

1



## Cook the rice

- 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 rice is tender and water is absorbed, **10 minutes**.

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

3



## Finish the curry

- Reduce heat to medium, add another drizzle of **olive oil**, **mild North Indian spice blend**, **mild curry paste** and **tomato**. Cook, stirring, until fragrant, **1-2 minutes**.
- Stir in **light cooking cream**, the **water (for the curry)**, **brown sugar** and **chicken**, gently breaking up with a spoon. Simmer until slightly thickened, **1-2 minutes**. Season to taste.

2



## Get prepped & start the curry

- Meanwhile, roughly chop **tomato**.
- Drain **slow-cooked chicken breast**.
- When rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **trimmed green beans**, tossing, until tender, **4-5 minutes**.

**Custom Recipe:** If you've doubled your slow-cooked chicken breast, prepare and cook chicken as above.

4



## Serve up

- Once rice is done, stir through the **butter** and **baby spinach leaves**, until wilted and combined. Season to taste.
- Divide spinach rice and pulled chicken and green bean tikka masala between bowls.
- Top with **Greek-style yoghurt**. Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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