



Mild North Indian Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Crushed Peanuts



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Mild Curry Paste



Garlic Paste



Light Cooking Cream



Baby Spinach Leaves



Mini Flour Tortillas



Chicken Thigh

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

Eat Me Early

Thanks to our mild North Indian spice blend and curry paste, you can whip up this crowd-pleasing butter chicken in less time than it would take to order and wait for takeaway. Complete the dish with baked tortillas for scooping and peanut rice for crunch.

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
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
tomato paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	2 medium packets
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)	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)	4994kJ (1194Cal)	936kJ (224Cal)
Protein (g)	50.3g	9.4g
Fat, total (g)	53.5g	10g
- saturated (g)	25.4g	4.8g
Carbohydrate (g)	122.8g	23g
- sugars (g)	18.7g	3.5g
Sodium (mg)	1908mg	358mg
Dietary Fibre (g)	16g	3.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5820kJ (1391Cal)	833kJ (199Cal)
Protein (g)	80.6g	11.5g
Fat, total (g)	61.9g	8.9g
- saturated (g)	27.9g	4g
Carbohydrate (g)	122.9g	17.6g
- sugars (g)	18.8g	2.7g
Sodium (mg)	2010mg	288mg
Dietary Fibre (g)	16g	2.3g

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



Make the rice and 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!

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

3



Grill the tortillas

- While chicken is cooking, combine remaining **butter** and remaining **garlic paste** in a small microwave-safe 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 **tomato paste**, **mild curry paste** and half the **garlic paste**. Cook until fragrant, **1 minute**.
- Add **light cooking cream**, the **brown sugar** and the **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: Cook chicken as above, in batches for the best results!

4



Serve up

- Divide mild North Indian chicken and peanut rice between bowls.
- Serve with garlic tortillas. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW22

