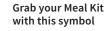


Mild North Indian Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

TAKEAWAY FAVES

KID FRIENDLY











Crushed Peanuts



Chicken Thigh



Indian Spice Blend





Mild Curry

Tomato Paste



Garlic Paste



Light Cooking



Baby Spinach Leaves



Mini Flour Tortillas



Pantry items



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

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.



Eat Me Early

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

in ign concince				
	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)	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		

*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		

Casconnesses				
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	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.



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.



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.



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!



Serve up

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



