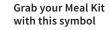


Indian-Style Chicken Curry with Green Beans & Basmati Rice

FEEL GOOD TAKEAWAY











Green Beans







Garlic Paste

Chicken Breast

Ginger Paste





Tandoori Paste



Light Cooking





Prep in: 25-35 mins Ready in: 30-40 mins



Tonight, let this curry transform your stock-standard weeknight dinner into a meal of a lifetime. Tandoori paste takes the lead by adding a hint of aromatic spices that forms the base of your curry dish and watch all of the flavours combine as it simmers to perfection. Pile it high onto a bed of fluffy basmati rice and dig in!

Pantry items Olive Oil, 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 lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 medium packet	1 large packet		
water* (for the rice)	1½ cup	3 cups		
carrot	1	2		
green beans	1 medium packet	2 medium packets		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
ginger paste	1 medium packet	1 large packet		
garlic paste	1 medium packet	2 medium packets		
tandoori paste	1 medium packet	2 medium packets		
mild North Indian spice blend	1 medium sachet	1 large sachet		
light cooking cream	1 medium packet	1 large packet		
water* (for the sauce)	1/4 cup	½ cup		
brown sugar*	½ tbs	1 tbs		
salt*	1/4 tsp	½ tsp		
coriander	1 packet	1 packet		
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)	2956kJ (707Cal)	572kJ (137Cal)
Protein (g)	46.7g	9g
Fat, total (g)	21.6g	4.2g
- saturated (g)	9.3g	1.8g
Carbohydrate (g)	79.3g	15.3g
- sugars (g)	16.2g	3.1g
Sodium (mg)	1280mg	248mg
Dietary Fibre (g)	12.3g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3672kJ (877Cal)	539kJ (128Cal)
Protein (g)	83.3g	12.2g
Fat, total (g)	24.1g	3.5g
- saturated (g)	10.1g	1.5g
Carbohydrate (g)	79.4g	11.6g
- sugars (g)	16.2g	2.4g
Sodium (mg)	1350mg	198mg
Dietary Fibre	12.5g	1.8g

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





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 the rice is tender and the water is absorbed, 10 minutes.

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



Cook the curry

- Heat a large frying pan over medium-high heat. Cook green beans and carrot, tossing, until tender, 4-6 minutes. Transfer to a bowl and set aside.
- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, add **chicken** and cook, tossing occasionally, until browned and cooked through, 5-6 minutes.
- · Reduce heat to medium and add ginger paste, garlic paste, tandoori paste and mild North Indian spice blend to the pan. Cook until fragrant, 1-2 minutes.
- · Add light cooking cream, the water (for the sauce), brown sugar, cooked veggies and the salt, simmer until slightly thickened, 2-3 minutes.

TIP: Chicken is cooked through when it is no longer pink inside.



Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons.
- Trim green beans and cut into thirds.
- · Cut chicken breast into 2cm chunks.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above and cook in batches for best results.



Serve up

- · Divide the basmati rice between bowls.
- Top with Indian-style chicken curry and tear over **coriander** to serve. Enjoy!