



# Mild North Indian Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

TAKEAWAY FAVES

KID FRIENDLY

Grab your meal kit with this number

26



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



Chicken Breast

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.

### Pantry items

Olive Oil, Butter, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
crushed peanuts	1 medium packet	1 large packet
<b>butter*</b>	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 packet	2 packets
light cooking cream	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b> (for the curry)	¼ cup	½ cup
baby spinach leaves	1 medium packet	1 large packet
mini flour tortillas	6	12

\*Pantry Items

## 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)	15.6g	2.9g

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](https://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

2024 | CW28



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## 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 the rice is cooking, 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.

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## Grill the tortillas

- While chicken is cooking, preheat oven grill to high.
- In a small microwave-safe bowl, combine remaining **butter** and remaining **garlic paste**.
- 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**.

## CUSTOM OPTIONS



### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 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 **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.

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## Serve up

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

