



# Veggie-Loaded Butter Chicken

with Garlic Rice & Flaked Almonds

NEW

KID FRIENDLY

Grab your meal kit with this number

40



Garlic



Basmati Rice



Green Beans



Tomato



Chicken Thigh



Mild North Indian Spice Blend



Tomato Paste



Mumbai Spice Blend



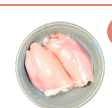
Thickened Cream



Baby Spinach Leaves



Flaked Almonds



Chicken Thigh



Chicken Breast

Prep in: 20-xx mins  
Ready in: 25-xx mins

Eat Me Early

Tonight, let this curry transform your stock-standard weeknight dinner, into a meal of a lifetime. Mumbai spice 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

## 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
garlic	3 cloves	6 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
green beans	1 small packet	1 medium packet
tomato	1	2
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	2 medium packets
Mumbai spice blend	1 medium sachet	1 large sachet
thickened cream	1 packet	2 packets
baby spinach leaves	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714Cal)	624kJ (149Cal)
Protein (g)	48.3g	10.1g
Fat, total (g)	22.8g	4.8g
- saturated (g)	11g	2.3g
Carbohydrate (g)	76.3g	15.9g
- sugars (g)	12.6g	2.6g
Sodium (mg)	835mg	174mg
Dietary Fibre (g)	14.4g	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](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

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Add half the **garlic** and cook until fragrant, **1 minute**. Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from the 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!

3



## Make the curry

- When the rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **green beans**, tossing, until chicken is browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Reduce heat to medium-high. Add **tomato**, **tomato paste**, **Mumbai spice blend** and the remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Stir in **thickened cream** and **baby spinach leaves**, until wilted and slightly reduced, **1-2 minutes**.

2



## Get prepped

- Meanwhile, trim and halve **green beans**.
- Roughly chop **tomato**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **mild North Indian spice blend**, a drizzle of **olive oil** and pinch of **salt**.

4



## Serve up

- Divide garlic rice and veggie-loaded butter chicken between bowls.
- Sprinkle over **flaked almonds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW31

### CUSTOM OPTIONS



#### DOUBLE CHICKEN THIGH

Follow method as above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

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

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

