

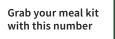
Mild North Indian Butter Chicken

with Spinach, Peanut Rice & Garlic Tortillas

TAKEAWAY FAVES

HELLOHERO

KID FRIENDLY









Chicken Thigh





Mild North Indian Spice Blend

Crushed Peanuts





Tomato Paste





Light Cooking

Mild Curry

Garlic Paste





Baby Spinach



Mini Flour

Tortillas

Leaves



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.

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
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
crushed peanuts	1 medium packet	1 large packet
butter*	40g	80g
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
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4994kJ (1194cal)	461kJ (110cal)
Protein (g)	50.3g	4.6g
Fat, total (g)	53.7g	5g
- saturated (g)	24.9g	2.3g
Carbohydrate (g)	122.4g	11.3g
- sugars (g)	18.4g	1.7g
Sodium (mg)	1916mg	176.8mg
Dietary Fibre (g)	16.1g	1.5g

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 & 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!).
- 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.
- Once the rice is cooked, stir through **crushed peanuts** and half the **butter**.



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 the mini flour tortillas.
- Place tortillas directly on an oven wire rack. Grill until golden, 3-5 minutes.



Cook the chicken

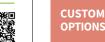
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Reduce heat to medium-high, then add tomato paste, mild curry paste and half the garlic paste. Cook until fragrant, 1 minute.
- Add light cooking cream, the brown sugar and 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.



Serve up

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





DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes. Set aside and stir through before serving.

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

