

Indian-Style Chicken Curry

with Green Beans & Rice

FEEL GOOD TAKEAWAY

Grab your meal kit
with this number

41



White Rice



Carrot



Green Beans



Chicken Tenderloins



Ginger Paste



Garlic Paste



Tandoori Paste



Mild North
Indian Spice Blend



Light Cooking
Cream



Coriander



Chicken
Tenderloins



Greek-Style
Yoghurt

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

 Protein Rich

 Eat Me Early

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 white rice and dig in!

Pantry items

Olive Oil, 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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	1 ½ cups
carrot	1	2
green beans	1 medium packet	2 medium packets
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
tandoori paste	1 packet	2 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)	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
salt*	¼ tsp	½ tsp
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (710cal)	282kJ (67cal)
Protein (g)	46.6g	4.4g
Fat, total (g)	21.6g	2.1g
- saturated (g)	9.2g	0.9g
Carbohydrate (g)	79.9g	7.6g
- sugars (g)	16.2g	1.5g
Sodium (mg)	1254mg	119.1mg
Dietary Fibre (g)	12.5g	1.2g

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

2024 | CW45



1



Cook the rice

- Rinse and drain **white rice**.
- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **white 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!

3



Cook the curry

- Heat a large frying pan over medium-high heat. Cook **green beans**, 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 (when it is no longer pink inside), **5-6 minutes**.
- Reduce heat to medium, then 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 **salt**, then simmer until slightly thickened, **2-3 minutes**.

2



Get prepped

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

4



Serve up

- Divide rice between bowls.
- Top with Indian-style chicken curry.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.



ADD GREEK-STYLE YOGHURT

Dollop on top before serving.

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

