



# Korma-Style Chicken & Cucumber Salsa

with Spinach Rice

NEW

Grab your meal kit with this number

39



White Rice



Baby Spinach Leaves



Cucumber



Chicken Thigh



Sweetcorn



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Chicken Thigh



Beef Strips

Prep in: 15-25 mins  
Ready in: 20-30 mins

Eat Me Early

Korma-style chicken is made super simple in this easy 4-stepper. With our delectable mild curry paste and coconut milk combination, you'll have a perfect korma sauce to accompany the spinach rapid rice and corn-cucumber salsa. Now that's dinner whipped up in a jiffy!

### Pantry items

Olive Oil, Butter, Brown Sugar, White Wine Vinegar

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1 ¼ cups	2 ½ cups
white rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
baby spinach leaves	1 small packet	1 medium packet
cucumber	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
sweetcorn	1 medium tin	1 large tin
Mumbai spice blend	1 medium sachet	2 medium sachets
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3421kJ (818cal)	322kJ (77cal)
Protein (g)	39.6g	3.7g
Fat, total (g)	36.3g	3.4g
- saturated (g)	23.5g	2.2g
Carbohydrate (g)	79.2g	7.5g
- sugars (g)	12.8g	1.2g
Sodium (mg)	1817mg	170.9mg
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](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



## Make spinach rice

- In a medium saucepan, add the **water** and bring to the boil.
- Rinse and drain **white rice**.
- Add **white rice** and a pinch of **salt**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and keep covered until the **rice** is tender and the water is absorbed, **10 minutes**.
- Add the **butter** and **baby spinach leaves** and stir to combine, until butter is melted and spinach has slightly wilted.

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

3



## Make korma sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **mild curry paste** and cook until fragrant, **1-2 minutes**.
- Add **coconut milk**, the **brown sugar** and a splash of **water** and cook, stirring, until heated through, **1-2 minutes**.
- Meanwhile, in a small bowl, combine **cucumber**, **sweetcorn** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.

2



## Get prepped & cook the chicken

- Meanwhile, roughly chop **cucumber**.
- Cut **chicken thigh** into 2cm chunks.
- Drain **sweetcorn**.
- Heat a large frying pan with a drizzle of **olive oil** over high heat. Cook **chicken** and **Mumbai spice blend** tossing occasionally, until browned and cooked through (when it's no longer pink inside), **5-6 minutes**. Transfer to a bowl.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

4



## Serve up

- Divide spinach rice, chicken, and cucumber salsa between bowls.
- Pour korma sauce over chicken to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



## CUSTOM OPTIONS



### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

