

with Spinach Rice

NEW



Grab your meal kit with this number







Cucumber

Chicken Thigh





Sweetcorn

Mumbai Spice Blend



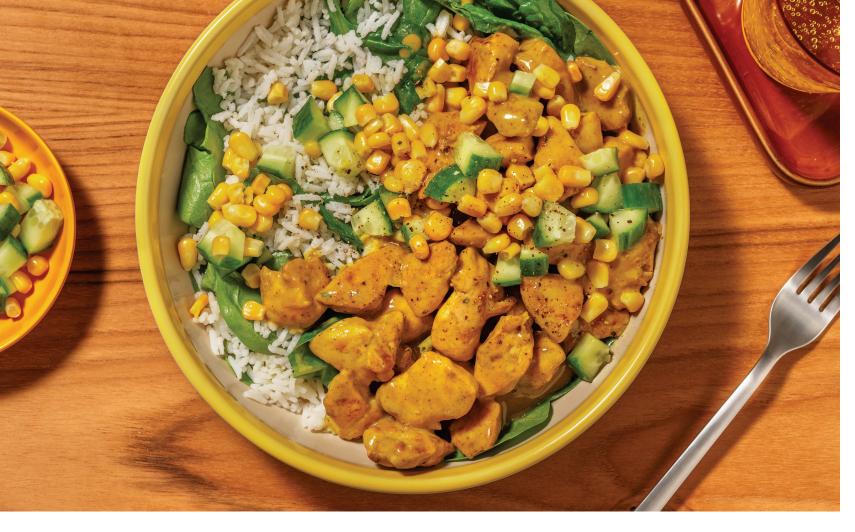
Mild Curry Paste

Coconut Milk





Chicken Thigh



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



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
olive oil*	refer to method	refer to method
water*	1 ¼ cups	2 ½ cups
white rice	1 medium packet	1 large packet
butter*	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
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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!



### 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.



# 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!



# Serve up

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



