

Chicken Korma Curry & Garlic Tortillas

with Tomato-Ginger Green Beans & Peanuts

TASTE TOURS

Grab your meal kit with this number

16



White Rice



Carrot



Brown Onion



Green Beans



Tomato



Mint



Chicken Thigh



Ginger Paste



Garlic Paste



Mini Flour Tortillas



Greek-Style Yoghurt



Mumbai Spice Blend



Mild Curry Paste



Coconut Milk



Crushed Peanuts



Onion Chutney

Prep in: 30-40 mins
Ready in: 35-45 mins

 Eat Me Early

From the rich chicken curry and fluffy rice, to the zingy and vibrant veggie side dish, you'll be savouring every bite of tonight's Indian-inspired feast! Did we mention the garlicky tortillas? They're perfect for scooping up all the deliciousness.

Pantry items

Olive Oil, Butter

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
butter*	30g	60g
water*	1¼ cups	2½ cups
carrot	1	2
brown onion	1	2
green beans	1 medium packet	2 medium packets
tomato	1	2
mint	1 packet	1 packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
mini flour tortillas	6	12
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet
onion chutney	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5964kJ (1425cal)	340kJ (81cal)
Protein (g)	55.1g	3.1g
Fat, total (g)	67.7g	3.9g
- saturated (g)	36.8g	2.1g
Carbohydrate (g)	141.6g	8.1g
- sugars (g)	33.4g	1.9g
Sodium (mg)	2369mg	135.1mg
Dietary Fibre (g)	25.3g	1.4g

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.



Cook the rice

- Preheat oven to **220°C/200°C fan-forced**.
- Rinse and drain **white rice**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Add the **water** and bring to the boil. Add **rice** and a good pinch of **salt**. 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**.

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



Prep the sides

- In a small bowl, combine **garlic paste** and a generous drizzle of **olive oil**. Season, then stir to combine.
- Place **mini flour tortillas** on a lined oven tray. Spread **garlic oil mixture** on both sides of each **tortilla**. Set aside.
- In a second small bowl, combine **Greek-style yoghurt** and **mint**.



Get prepped

- Meanwhile, cut **carrot** into thin rounds.
- Thinly slice **brown onion**.
- Trim **green beans**.
- Roughly chop **tomato**.
- Thinly slice **mint**.
- Cut **chicken thigh** into 2cm chunks.



Make the korma curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion, carrot** and **chicken**, tossing, until browned, **7-8 minutes**.
- Add **Mumbai spice blend** and **mild curry paste** and cook until fragrant, **1-2 minutes**.
- Stir in **coconut milk**. Simmer until slightly reduced and chicken is cooked through (when no longer pink inside), **4-5 minutes**.
- Meanwhile, bake **tortillas** until warmed through, **5-8 minutes**.



Cook the tomato-ginger beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until starting to soften, **2 minutes**.
- Add **ginger paste, tomato** and a splash of water. Cook until beans are tender and tomato is starting to break down, **2-3 minutes**.
- Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.



Serve up

- Divide rice between bowls.
- Top with chicken korma curry.
- Sprinkle over **crushed peanuts**.
- Serve chicken korma curry with garlic tortillas, **onion chutney**, tomato-ginger green beans and a dollop of mint yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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