



Pulled Chicken & Green Bean Tikka Masala

with Spinach Rice & Yoghurt

KID FRIENDLY

Grab your meal kit with this number

10



White Rice



Tomato



Slow-Cooked Chicken Breast



Trimmed Green Beans



Mild North Indian Spice Blend



Mild Curry Paste



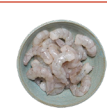
Light Cooking Cream



Baby Spinach Leaves



Greek-Style Yoghurt



Peeled Prawns



Slow-Cooked Chicken Breast

Prep in: 5-15 mins
Ready in: 25-35 mins

Protein Rich

Let us transport you to India with this pulled chicken tikka masala. It will simmer to perfection on the stove, alongside fluffy white rice. Sit back, relax and let all of its rich aromas take over!

Pantry items

Olive Oil, Brown Sugar, 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

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	2½ cups
tomato	1	2
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
trimmed green beans	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	2 medium packets
light cooking cream	1 medium packet	1 large packet
water* (for the curry)	⅓ cup	⅔ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3089kJ (738cal)	654kJ (139cal)
Protein (g)	35.1g	7.4g
Fat, total (g)	28.7g	6.1g
- saturated (g)	16.2g	3.4g
Carbohydrate (g)	83.5g	17.7g
- sugars (g)	16.8g	3.6g
Sodium (mg)	1656mg	350.8mg
Dietary Fibre (g)	5.6g	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

2025 | CW05



Cook the rice

- Rinse and drain **white rice**.
- In a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and 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!



Finish the curry

- Reduce heat to medium with a drizzle of **olive oil** and add **mild North Indian spice blend**, **mild curry paste** and **tomato**. Cook, until fragrant, **1-2 minutes**.
- Stir in **light cooking cream**, the **water (for the curry)**, **brown sugar** and **chicken**, gently breaking up with a spoon. Simmer, until slightly thickened, **1-2 minutes**. Season to taste.



Get prepped & start the curry

- Meanwhile, roughly chop **tomato**.
- Drain **slow-cooked chicken breast**.
- When rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **trimmed green beans**, tossing, until tender, **4-5 minutes**.



Finish & serve

- Once rice is done, stir through the **butter** and **baby spinach leaves**, until wilted and combined. Season to taste.
- Divide spinach rice and pulled chicken tikka masala between bowls. Top with **Greek-style yoghurt** to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!



DOUBLE SLOW-COOKED CHICKEN BREAST

Follow method above.

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

