



Butter Chicken Curry with Roasted Peanuts

FRESH & FAST Box to plate: 15 mins Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3531kJ (843Cal) | Protein 50.8g | Fat, total 36.8g - saturated 13.8g | Carbohydrate 72.2g - sugars 24.9g | Sodium 1377mg
Naturally gluten-free (not suitable for coeliacs) | The quantities provided above are averages only.

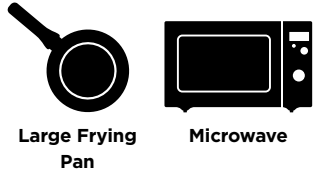
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2021 | WK14 | W

Get ready

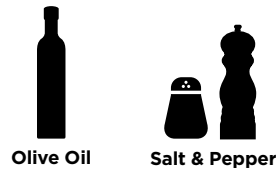
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



From the pantry



From the cool pouch

	2P	4P
Chicken Thigh Strips	1 pkt	2 pkts
Trimmed Green Beans	1 pkt	2 pkts
Garlic Paste	1 pkt	2 pkts
Tandoor Curry Sauce	1 medium pkt	2 medium pkts
Greek-Style Yoghurt	1 pkt (100g)	1 pkt (200g)

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.

1. Sizzle



Chicken Thigh Strips



Mumbai Spice Blend



Trimmed Green Beans



Garlic Paste



Tomato Paste

2. Stir



Tandoor Curry Sauce



Baby Spinach Leaves

3. Zap



Microwaveable Basmati Rice



Greek-Style Yoghurt



Roasted Peanuts



Mint

- Heat **olive oil** in a frying pan over high heat
- Cook **chicken** and **spice blend**, tossing, until browned, **2-3 mins**
- Add **beans** and toss until softened, **4-5 mins**
- Stir in **garlic paste** and **tomato paste**. Cook until fragrant, **1 min**

- Remove pan from heat
- Add **curry sauce** and **baby spinach** and stir until bubbling and wilted, **1 min**
- Season to taste

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **butter chicken** and top with **yoghurt**
- Serve sprinkled with **peanuts** and torn **mint**

