

Chicken Korma Curry & Garlic Flatbreads

with Tomato-Ginger Kale & Cashews

Grab your Meal Kit with this symbol



Recipe Update
 Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!



Basmati Rice



Kale



Coriander



Carrot



Baby Spinach Leaves



Mumbai Spice Blend



Roasted Cashews



Garlic Paste



Greek-Style Yoghurt



Caramelised Onion Chutney



Tomato



Mint



Brown Onion



Curry Leaves



Flatbread



Coconut Milk



Chicken Thigh



Ginger Paste



Mild Curry Paste

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

Eat Me Early

From the coconutty chicken curry and buttery 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 flatbreads? They're perfect for scooping up all the deliciousness.

Pantry items

Olive Oil, Butter

Before you start

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 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
butter*	30g	60g
water*	1 ½ cups	3 cups
basmati rice	1 medium packet	1 large packet
tomato	1	2
kale	1 medium bag	1 large bag
mint	1 bag	1 bag
coriander	1 bag	1 bag
brown onion	1	2
carrot	1	2
curry leaves	½ stem	1 stem
baby spinach leaves	1 small bag	1 medium bag
chicken thigh	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
flatbread	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
roasted cashews	1 medium packet	1 large packet
caramelised onion chutney	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5653kJ (1351Cal)	610kJ (146Cal)
Protein (g)	56.6g	6.1g
Fat, total (g)	59.8g	6.5g
- saturated (g)	27.2g	2.9g
Carbohydrate (g)	141.7g	15.3g
- sugars (g)	34.5g	3.7g
Sodium (mg)	2370mg	256mg

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



Cook the rice

- In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over medium-high heat.
- Add the **water** and bring to the boil. Add **basmati 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** with a generous drizzle of **olive oil**. Season, then stir to combine.
- Place **flatbreads** on a lined oven tray. Spread **garlic oil mixture** on both sides of each **flatbread**. Set aside.
- In a second small bowl, combine **Greek-style yoghurt** and **mint**.



Prep the veg & chicken

- Meanwhile, preheat oven to **220°C/200°C fan-forced**.
- Roughly chop **tomato**. Roughly tear **kale** leaves, then discard stem. Thinly slice **mint** leaves and **coriander**. Thinly slice **brown onion**. Cut **carrot** into thin rounds. Pick **curry leaves** (see ingredients). Roughly chop **baby spinach leaves**.
- Cut **chicken thigh** into 2cm chunks.



Cook the 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 **curry leaves**, **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 **flatbreads** until warmed through, **4-7 minutes**.



Cook the tomato-ginger kale

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **ginger paste**, **tomato** and a splash of **water** until tomato is starting to break down, **2 minutes**. Add **kale** and cook until softened, **1 minute**.
- Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.



Serve up

- Stir baby spinach through rice.
- Divide rice between bowls. Top with chicken korma curry. Sprinkle over **roasted cashews** and **coriander**.
- Serve with garlic flatbreads, **caramelised onion chutney**, tomato-ginger kale and mint yoghurt.
- Enjoy!

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