



Chicken Korma Curry & Garlic Rice

with Cashews & Coriander Yoghurt

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Carrot



Pea Pods



Coriander



Curry Leaves



Mumbai Spice Blend



Plant-Based Cooking Cream



Roasted Cashews



Garlic Paste



Chicken Thigh



Mild Curry Paste



Greek-Style Yoghurt



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

In this mild and creamy Indian-style curry, juicy chicken thigh soaks up the korma sauce like a treat. Serve over fluffy and fragrant rice, and with a refreshing and tangy herb yoghurt to cut through the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
brown onion	½	1
carrot	1	2
pea pods	1 small bag	1 medium bag
coriander	1 bag	1 bag
curry leaves	½ stem	1 stem
chicken thigh	1 small packet	1 large packet
Mumbai spice blend	½ medium sachet	1 medium sachet
mild curry paste	1 medium packet	1 large packet
plant-based cooking cream	1 medium packet	2 medium packets
water* (for the curry)	¼ cup	½ cup
Greek-style yoghurt	1 medium packet	1 large packet
roasted cashews	1 medium packet	1 large packet
chicken thigh**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4545kJ (1086Cal)	706kJ (169Cal)
Protein (g)	48.1g	7.5g
Fat, total (g)	57.6g	8.9g
- saturated (g)	18g	2.8g
Carbohydrate (g)	89.9g	14g
- sugars (g)	20.1g	3.1g
Sodium (mg)	1680mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5306kJ (1268Cal)	656kJ (157Cal)
Protein (g)	81.4g	10.1g
Fat, total (g)	62.8g	7.8g
- saturated (g)	19.6g	2.4g
Carbohydrate (g)	89.9g	11.1g
- sugars (g)	20.1g	2.5g
Sodium (mg)	1769mg	219mg

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.

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Make the garlic rice

- In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic paste** until fragrant, 1-2 minutes.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove 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!



Make it saucy

- Reduce heat to medium-high, then add **curry leaves**, **Mumbai spice blend** (see ingredients), **mild curry paste** and remaining **garlic paste** and **butter**, and cook, stirring, until fragrant, **1-2 minutes**.
- Add **pea pods**, **plant-based cooking cream** and the **water (for the curry)**, then simmer, stirring, until slightly thickened, **2-3 minutes**.
- Remove from heat. Season with **salt** and **pepper** to taste.

Custom Recipe: Return all chicken to the pan, then continue as above.



Get prepped

- Meanwhile, finely chop **brown onion** (see ingredients). Thinly slice **carrot** into half moons.
- Trim **pea pods** then slice in half. Pick and roughly chop **coriander**. Pick **curry leaves** (see ingredients).
- Cut **chicken thigh** into 2cm chunks.

Little cooks: Help pick the coriander and curry leaves!



Flavour the yoghurt

- In small bowl, combine **Greek-style yoghurt** and **coriander**.
- Season generously to taste.

Little cooks: Take the lead by combining the yoghurt and coriander!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, **onion** and **carrot**, tossing occasionally, until browned, **6-7 minutes**.

Custom Recipe: If you've doubled your chicken thigh, cook in batches for best results!



Serve up

- Divide garlic rice between bowls. Top with chicken korma curry.
- Sprinkle over **roasted cashew**. Dollop over coriander yoghurt to serve. Enjoy!

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