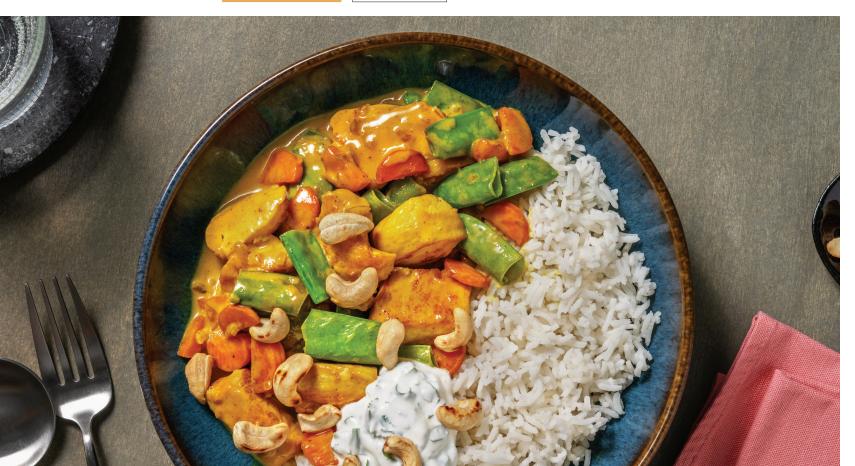
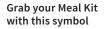


Chicken Korma Curry & Garlic Rice

with Cashews & Coriander Yoghurt

KID FRIENDLY















Pea Pods

Carrot



Coriander





Mumbai Spice





Roasted Cashews



Garlic Paste

Cooking Cream



Chicken Thigh







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

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	1/2	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)	1/4 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		

Per 100a 656kJ (157Cal) Energy (kJ) 5306kJ (1268Cal) 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 20.1g 2.5g - sugars (g) 219mg Sodium (mg) 1769mg

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!







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!



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!



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!



Make it saucu

- 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

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



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!



Serve up

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

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate