

Easy Chicken Veggie Korma Curry

with Rapid Rice, Yoghurt & Roasted Cashews

HARMONY WEEK

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Asian Greens



Chicken Tenderloins



Carrot & Zucchini Mix



Mild North Indian Spice Blend



Mild Curry Paste



Coconut Milk



Roasted Cashews



Greek-Style Yoghurt



Plant-Based Chicken Strips

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Harnessing the flavours from coriander, cumin, paprika and turmeric, our mild curry paste works a treat in this korma curry and creates the perfect flavour base for the juicy chicken and veggies to soak up. The aromas will quickly take over your kitchen, giving you something a little extra to celebrate this Harmony Week.

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

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

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
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
Asian greens	1 bunch	2 bunches
chicken tenderloins	1 small packet	1 large packet
carrot & zucchini mix	1 medium bag	1 large bag
mild North Indian spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 medium tin	2 medium tins
brown sugar*	½ tsp	1 tsp
roasted cashews	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
plant-based chicken strips**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3566kJ (852Cal)	505kJ (121Cal)
Protein (g)	52.6g	7.5g
Fat, total (g)	42.8g	6.1g
- saturated (g)	23.9g	3.4g
Carbohydrate (g)	88.4g	12.5g
- sugars (g)	20.8g	2.9g
Sodium (mg)	1452mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3783kJ (904Cal)	568kJ (136Cal)
Protein (g)	45.7g	6.9g
Fat, total (g)	49.3g	7.4g
- saturated (g)	24.4g	3.7g
Carbohydrate (g)	92.1g	13.8g
- sugars (g)	24.6g	3.7g
Sodium (mg)	2506mg	377mg

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



1



Cook the rapid rice

- Boil kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook over high heat until tender, **12 minutes**.
- Drain and return to saucepan.
- Stir through the **butter**. Cover to keep warm.

3



Finish the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **chicken** and **mild North Indian spice blend** and cook, tossing, until browned and cooked through, **4-5 minutes**.
- Add **mild curry paste**, **coconut milk**, the **brown sugar** and **Asian greens** and return cooked veggies to the pan. Cook stirring, until thickened, **2-3 minutes**. Season to taste.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've swapped to plant-based chicken strips, heat frying pan as above. Cook plant-based chicken strips and mild North Indian spice blend, tossing, until browned, 4-5 minutes. Continue with step.

2



Start the curry

- While rice is cooking, roughly chop **Asian greens**.
- Cut **chicken tenderloins** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **carrot & zucchini mix**, and cook, tossing, until tender, **4-5 minutes**. Transfer to a bowl.

4



Serve up

- Divide rapid rice between bowls.
- Top with chicken veggie korma curry.
- Sprinkle over **roasted cashews** and dollop over **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

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