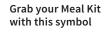


Creamy Butter Chicken & Spinach

with Cashew Rice & Garlic Naan

TAKEAWAY FAVES

KID FRIENDLY









Roasted Cashews



Chicken Breast







Tomato Paste



Cream





Garlic Paste



Baby Spinach Leaves



Naan Bread





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

Eat Me Early

Thanks to our mild North Indian spice blend and curry paste, you can whip up this crowd-pleasing butter chicken in less time than it would take to order and wait for takeaway. Complete the dish with baked naan for scooping and cashew rice for crunch. **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
refer to method	refer to method
1½ cups	3 cups
1 medium packet	1 large packet
1 medium packet	1 large packet
40g	80g
1 small packet	1 large packet
1 medium sachet	1 large sachet
1 packet	1 packet
1 medium packet	1 large packet
1 packet	2 packets
1 medium packet	2 medium packets
1 tsp	2 tsp
1⁄4 cup	½ cup
1 medium bag	1 large bag
2	4
1 small packet	1 large packet
	refer to method 1½ cups 1 medium packet 1 medium packet 40g 1 small packet 1 medium sachet 1 packet 1 medium packet 1 packet 1 medium packet 1 tapacket 1 medium packet 1 tapacket 1 medium packet 1 tsp ½ cup 1 medium bag 2

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4722kJ (1129Cal)	918kJ (219Cal)
Protein (g)	51.7g	10g
Fat, total (g)	50.2g	9.8g
- saturated (g)	22.7g	4.4g
Carbohydrate (g)	113.2g	22g
- sugars (g)	18.3g	3.6g
Sodium (mg)	1895mg	368mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5482kJ (1310Cal)	807kJ (193Cal)
Protein (g)	84.9g	12.5g
Fat, total (g)	55.5g	8.2g
- saturated (g)	24.3g	3.6g
Carbohydrate (g)	113.2g	16.7g
- sugars (g)	18.3g	2.7g
Sodium (mg)	1983mg	292mg

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





Make the rice

- In a medium saucepan, add the water (for the rice) and bring to the boil. Add basmati rice. 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.
- Stir **roasted cashews** and 1/2 the **butter** through **rice**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Get prepped

- While rice is cooking, preheat oven grill to high.
- · Cut chicken breast into 2cm chunks.
- In a medium bowl, combine mild North Indian spice blend, a drizzle of olive oil and a pinch of salt and pepper. Add chicken and toss to coat.



Cook the chicken

In a large frying pan, heat a drizzle of olive
oil over high heat. Cook chicken, tossing
occasionally, until browned and cooked through,
4-6 minutes.

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

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



Make it saucy

- Reduce heat to medium-high, then add tomato paste, mild curry paste and 1/2 the garlic paste. Cook until fragrant, 1 minute.
- Add thickened cream, the brown sugar and the water (for the curry). Cook, stirring, until thickened, 2-3 minutes.
- Add baby spinach leaves and cook, stirring, until wilted, 1 minute.



Grill the naan

- While sauce is cooking, combine remaining butter and remaining garlic paste in a small heatproof bowl. Microwave in 10 second bursts, until fragrant and melted.
- Spread garlic butter over one side of naan bread.
- Place naan directly on an oven wire rack. Grill until golden, 3-5 minutes.



Serve up

• Divide creamy butter chicken and cashew rice between bowls. Serve with garlic naan. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate