



Creamy Butter Chicken & Spinach

with Cashew Rice & Garlic Naan

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Roasted Cashews



Chicken Breast



Mild North Indian Spice Blend



Tomato Paste



Mild Curry Paste



Garlic Paste



Thickened Cream



Baby Spinach Leaves



Naan Bread



Chicken Breast

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.

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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
roasted cashews	1 medium packet	1 large packet
butter*	40g	80g
chicken breast	1 small packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
mild curry paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
thickened cream	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
water* (for the curry)	¼ cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
naan bread	2	4
chicken breast**	1 small packet	1 large packet

*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



1



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!

4



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**.

2



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.

3



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!

5



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**.

6



Serve up

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

Rate your recipe

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