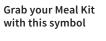


TAKEAWAY FAVES

KID FRIENDLY











Roasted Cashews



Chicken Breast







Tomato Paste





Garlic Paste



**Light Cooking** 



**Baby Spinach** Leaves



**Pantry items** 



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

Thanks to our mild North Indian spice blend and curry paste, you can whip up this crowd-pleasing butter chicken in less time than



Eat Me Early

it would take to order and wait for takeaway. Complete the dish with baked naan for scooping and cashew rice for crunch.

# 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

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	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		
light cooking cream	1 medium packet	1 large packet		
brown sugar*	1 tsp	2 tsp		
water* (for the curry)	1/4 cup	½ cup		
baby spinach leaves	1 medium bag	1 large bag		
naan bread	2	4		
chicken breast**	1 small packet	1 large packet		

<sup>\*</sup>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!

2023 | CW21





## 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 half the butter through rice.

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



# Get prepped

- While the rice is cooking, preheat oven grill to
- 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.

**Little cooks:** Help toss the chicken in the spice blend.



# 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 half the garlic paste. Cook until fragrant, 1 minute.
- · Add light cooking 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 the sauce is cooking, combine the 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
- · Place naan directly on an oven wire rack. Grill until golden, 3-5 minutes.

**Little cooks:** Take the lead by spreading the garlic butter on the naan!



# Serve up

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

### Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate