



CREAMY INDIAN CHICKEN & CHICKPEA CURRY

with Basmati Rice



Cook with the
flavours of India



Basmati Rice



Carrot



Green Beans



Garlic



Mint



Chickpeas



Chicken Tenderloin



Tandoori Paste



Tomato Paste



Chilli Flakes
(Optional)



Light Thickened
Cream



Greek Yoghurt



Baby Spinach
Leaves

Hands-on: **25-35 mins**
Ready in: **30-40mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Spicy (optional
chilli flakes)

Rich, creamy and aromatic, this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together easily for a mouth-watering meal that's bound to win hearts!

Pantry Staples: Olive Oil, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans** and cut into 2cm pieces. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Drain and rinse the **chickpeas** (see ingredients list). Chop the **chicken tenderloins** into bite-size pieces.



3 START THE CURRY

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **chicken** and cook, tossing, until just browned, **2-3 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **garlic, tandoori paste** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **carrot, chickpeas, water (for the curry)** and a **pinch of chilli flakes** (if using) and stir to combine. Simmer until the carrot has softened, **4-5 minutes**.



4 MAKE THE MINT YOGHURT

Return the **chicken** and any **resting juices** to the pan. Add the **light thickened cream, green beans, brown sugar** and the **salt**. Simmer until the veggies are tender and the chicken is cooked through, **4-5 minutes**. While the curry is simmering, in a small bowl, combine the chopped **mint** (save some for garnish!) with the **Greek yoghurt** and a **pinch of salt** and **pepper**.



5 ADD THE BABY SPINACH

Add the **baby spinach leaves** to the curry and stir until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the basmati rice between bowls and top with the chicken and chickpea curry. Top with a dollop of mint yoghurt and garnish with a pinch of chilli flakes (if using) and the reserved mint.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
chickpeas	½ tin	1 tin
chicken tenderloin	1 packet	1 packet
tandoori paste	1 tub (50g)	2 tubs (100g)
tomato paste	1 sachet	2 sachets
water* (for the curry)	¾ cup	1½ cups
chilli flakes (optional)	pinch	pinch
light thickened cream	1 packet (150ml)	2 packets (300ml)
brown sugar*	2 tsp	1 tbs
salt*	½ tsp	1 tsp
Greek yoghurt	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3490kJ (834Cal)	548kJ (131Cal)
Protein (g)	55.4g	8.7g
Fat, total (g)	26.1g	4.1g
- saturated (g)	13.3g	2.1g
Carbohydrate (g)	89.2g	14.0g
- sugars (g)	20.2g	3.2g
Sodium (g)	1450mg	228mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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