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## Fragrant Butter Chicken with Basmati Rice

Butter chicken, actually an invention of South Asian immigrants to Britain, has quickly become one of the most popular curries worldwide. And with good reason! We think it's a perfect mid-week dinner and is guaranteed to satisfy even the fussiest of eaters.



**Prep:** 15 mins



**Cook:** 20 mins



**Total:** 35 mins



level 1



eat me first



low sodium

### Pantry Items



Water



Olive Oil



Hot Water



Butter



Basmati Rice



Brown Onion



Coriander



Butter Chicken  
Spice Blend



Free Range  
Chicken Thighs



Tomato Paste



Greek Yoghurt



Baby Spinach  
Leaves



Slivered Almonds

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2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely chopped
1 bunch	2 bunches	coriander, stalks finely chopped & leaves picked
⅓ sachet	1 ⅓ sachets	butter chicken spice blend ( <b>recommended amount</b> )
1 packet	2 packets	free range chicken thighs, chopped into 2 cm pieces
1 sachet	2 sachets	tomato paste
⅔ cup	1 ⅓ cups	hot water *
1 tub	2 tubs	Greek yoghurt
1 ½ tbs	3 tbs	butter *
½ bag	1 bag	baby spinach leaves, washed
1 packet	2 packets	slivered almonds

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3280	Kj
Protein	44.3	g
Fat, total	32	g
-saturated	12.5	g
Carbohydrate	76.3	g
-sugars	12.7	g
Sodium	313	mg



**You will need:** chef's knife, chopping board, sieve, medium saucepan, medium frying pan and wooden spoon.

**1** Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes** or until the rice is soft. Drain and return to the saucepan. Set aside.



**2** Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion** and **coriander stalks** and cook, stirring, for **3-4 minutes**, or until soft. Add the **butter chicken spice blend** and cook, stirring, for **2 minutes**, or until fragrant. Add the **chicken thigh** to the pan and cook, stirring, for **5 minutes**, or until golden on the outside.



**3** Add the **tomato paste** and **hot water** to the pan, stir to combine and then bring to the boil. Reduce the heat to medium-low and simmer for **5-6 minutes**, or until chicken is cooked through. Season to taste with a pinch of sugar, if you like.



**4** Remove from the heat and stir through the **Greek yoghurt** and **butter** until combined. Stir through the **baby spinach leaves** for **2-3 minutes**, or until wilted. Season to taste with **salt** and **pepper**.

**5** To serve, divide the rice between plates and top with the butter chicken. Garnish with **coriander leaves** and **slivered almonds**. Enjoy!

**Did you know?** A massive 80% of the world's almonds are grown in California.