



Oven-Ready Butter Chicken

with Rice & Green Beans

HEAT & EAT

Grab your Meal Kit with this symbol



Microwavable Basmati Rice



Butter Chicken



Trimmed Green Beans



Greek-Style Yoghurt

Prep in: 5-15 mins
Ready in: 45-55 mins

Eat Me Early

Want dinner on the table in 3 easy steps? Simply heat up our oven-ready butter chicken and serve it with a side of microwaveable rice and pre-trimmed green beans. This is home cooking made easy, with minimal prep and maximum flavour. Sit back, relax and let the rich aromas take over.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter chicken	1	2
microwavable basmati rice	1 packet	2 packets
trimmed green beans	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3484kJ (832Cal)	596kJ (142Cal)
Protein (g)	59.7g	10.2g
Fat, total (g)	39.7g	6.8g
- saturated (g)	19.9g	3.4g
Carbohydrate (g)	58.6g	10g
- sugars (g)	13g	2.2g
Sodium (mg)	856mg	146mg
Dietary Fibre (g)	4g	0.7g

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.

1



2



3



Heat the curry

- Preheat oven to **200°C/180°C fan-forced**.
- Remove plastic film from **butter chicken** and cover tightly with foil.
- Bake until warmed through, **30 minutes**.
- Remove from oven and remove foil. Bake until golden, a further **10 minutes**.

Heat the rice & green beans

- When foil is removed, boil the kettle.
- Meanwhile, microwave **basmati rice** until steaming, **2-3 minutes**.
- Place **trimmed green beans** in a heatproof bowl.
- Pour over enough boiling water to cover. Cover with a plate or foil.
- Set aside until tender, **4-5 mins**. Drain and season.

Serve up

- Divide rice, butter chicken and green beans between bowls.
- Top with **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW06

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate