



Oven-Ready Butter Chicken

with Rice & Green Beans

HEAT & EAT



Grab your Meal Kit with this symbol



Butter Chicken



Microwavable Basmati Rice



Trimmed Green Beans



Greek-Style Yoghurt

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

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

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

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 (833Cal)	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

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 & beans

- When butter chicken has **10 minutes** remaining, boil the kettle.
- 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 set aside.

Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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