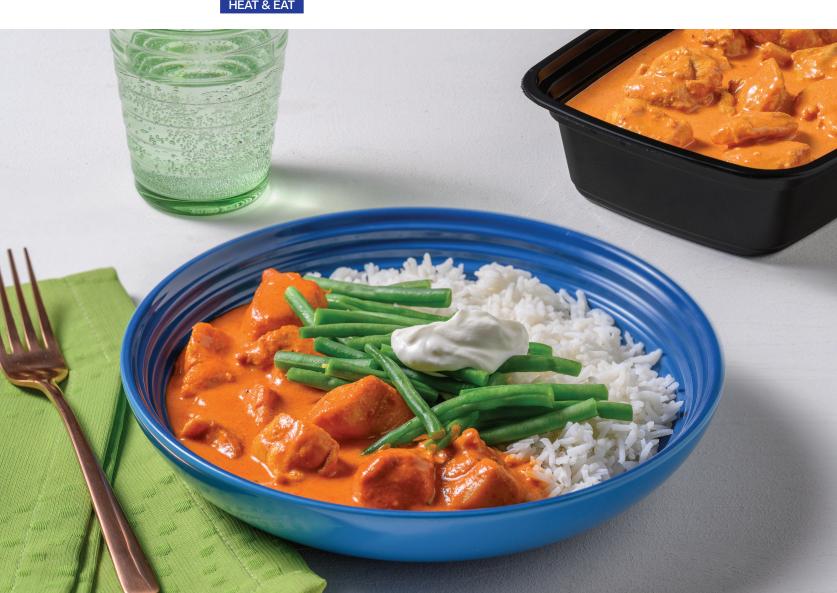


# Oven-Ready Butter Chicken with Rice & Green Beans

HEAT & EAT





Grab your Meal Kit with this symbol

**Butter Chicken** 





Trimmed Green Beans



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

9		
	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

<sup>\*</sup>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.



## 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!

