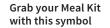


Quick Indian Chicken Curry & Rice

with Green Beans















Green Beans

Mild North Indian Spice Blend





Chicken Thigh





Tandoori Paste

Garlic Paste

Light Cooking Cream



Chicken Thigh

Tonight, let this curry transform your stock-standard weeknight dinner into a meal of a lifetime. Tandoori paste takes the lead by adding a hint of aromatic spices that forms the base of your curry dish and watch all of the flavours combine as it simmers to perfection. Pile it high onto a bed of fluffy basmati rice and dig in!

Pantry items Olive Oil, Brown Sugar





Prep in: 25-35 mins

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.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (for the rice)	1¼ cups	3 cups	
basmati rice	1 medium packet	1 large packet	
carrot	1	2	
green beans	1 medium bag	1 large bag	
chicken thigh	1 small packet	1 large packet	
ginger paste	1 medium packet	1 large packet	
garlic paste	1 packet	2 packets	
tandoori paste	1 packet	2 packets	
mild North Indian spice blend	1 medium sachet	1 large sachet	
light cooking cream	1 medium packet	1 large packet	
water* (for the sauce)	⅓ cup	⅔ cup	
brown sugar*	½ tbs	1 tbs	
salt*	1/4 tsp	½ tsp	
chicken thigh**	1 small packet	1 large packet	

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3304kJ (790Cal)	599kJ (143Cal)
Protein (g)	40.5g	7.3g
Fat, total (g)	32.6g	5.9g
- saturated (g)	11.7g	2.1g
Carbohydrate (g)	82g	14.9g
- sugars (g)	18g	3.3g
Sodium (mg)	1328mg	241mg
Custom Besins		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4134kJ (988Cal)	577kJ (138Cal)
Protein (g)	70.8g	9.9g
Fat, total (g)	41.1g	5.7g
- saturated (g)	14.3g	2g
Carbohydrate (g)	82g	11.4g
- sugars (g)	18g	2.5g
Sodium (mg)	1429mg	199mg

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.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- In a medium saucepan, add the water (for the rice) and bring to the boil.
- Add **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!



Cook the curry

- Heat a large frying pan over medium-high heat. Add carrot and green beans and cook, stirring, until tender, 4-6 minutes. Transfer to bowl and set aside.
- Return frying pan to a high heat with a drizzle of olive oil. When the oil is hot, add chicken and cook, tossing occasionally, until browned,
 5-6 minutes.
- Reduce heat to medium and add ginger paste, garlic paste, tandoori paste and mild North Indian spice blend to the pan. Cook until fragrant,
 1-2 minutes.
- Stir in light cooking cream, water (for the sauce), brown sugar, cooked veggies and the salt and simmer until slightly thickened and chicken is cooked through (when it's no longer pink inside), 2-3 minutes.

Custom Recipe: If you've doubled your chicken, cook chicken in batches for the best results.



Get prepped

- While the rice is cooking, thinly slice carrot into half-moons. Trim green beans and cut into thirds.
- Chop chicken thigh into 2cm chunks.



Serve up

 Divide the basmati rice between bowls and top with the creamy Indian chicken curry to serve. Enjoy!