



# Quick Indian Chicken Curry & Rice

with Green Beans

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Mild North Indian Spice Blend



Chicken Thigh



Ginger Paste



Garlic Paste



Tandoori Paste



Light Cooking Cream



Chicken Thigh

Prep in: 25-35 mins  
Ready in: 25-35 mins

Eat Me Early

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (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
<b>water*</b> (for the sauce)	⅓ cup	⅔ cup
<b>brown sugar*</b>	½ tbs	1 tbs
<b>salt*</b>	¼ 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 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](https://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

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## 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!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)