



Quick Indian Chicken Masala Curry

with Rapid Rice & Roasted Cashews

KID FRIENDLY



Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Celery



Garlic



Chicken Thigh



Mumbai Spice Blend



Ginger Paste



Tomato Paste



Masala Paste



Coconut Milk



Baby Spinach Leaves



Crushed Roasted Cashews



Chicken Thigh

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

There's nothing better than a curry to warm you up. Let the flavours do all the work with masala curry sauce and golden chicken. Stir through a variety of veg and gobble it down with fluffy rice for a dish that's basically a hug in a bowl.

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

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

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
chicken thigh	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
tomato paste	½ packet	1 packet
masala paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 medium bag	1 large bag
water*	¼ cup	½ cup
brown sugar*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
crushed roasted cashews	1 packet	2 packets
chicken thigh**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3231kJ (772Cal)	574kJ (137Cal)
Protein (g)	40.6g	7.2g
Fat, total (g)	46.4g	8.2g
- saturated (g)	21.4g	3.8g
Carbohydrate (g)	85.9g	15.3g
- sugars (g)	12.7g	2.3g
Sodium (mg)	1193mg	212mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4081kJ (975Cal)	564kJ (135Cal)
Protein (g)	68.9g	9.5g
Fat, total (g)	61.4g	8.5g
- saturated (g)	26g	3.6g
Carbohydrate (g)	85.9g	11.9g
- sugars (g)	12.7g	1.8g
Sodium (mg)	1308mg	181mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW31



1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with boiling water. Cook **basmati rice** and a pinch of **salt**, uncovered, over high heat until tender, **12 minutes**.
- Drain **rice**, rinse and set aside.

3



Finish the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery** until tender, **4-5 minutes**.
- Add **ginger paste**, **garlic**, **tomato paste** (see ingredients) and **masala paste** and cook until fragrant, **2 minutes**.
- Return **chicken** to the pan. Add **coconut milk**, **baby spinach leaves**, the **water**, **brown sugar** and the **salt**. Reduce heat to medium-low, then simmer until veggies are tender, **2-3 minutes**.

Little cooks: Kids can help out with measuring the water and brown sugar.

2



Start the curry

- Meanwhile, thinly slice **carrot** into half-moons. Finely chop **celery** and **garlic**. Cut **chicken thigh** into 2cm chunks.
- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. In a medium bowl, combine **Mumbai spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing, until browned, **5-6 minutes**. Transfer to a plate.

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

4



Serve up

- Divide rapid rice between bowls. Top with Indian chicken masala curry.
- Garnish with **crushed roasted cashews** to serve. Enjoy!

Little cooks: Work your magic and add the finishing touch by sprinkling over the **cashews!**

Rate your recipe

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