



Chicken Korma Curry

with Spinach Rapid Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Basmati Rice



Baby Spinach Leaves



Carrot



Green Beans



Chicken Breast



Mild North Indian Spice Blend



Mild Curry Paste



Coconut Milk



Crispy Shallots

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Eat Me Early

There's nothing like mildly-spiced curry made with creamy coconut milk for a warming weeknight meal. Make sure to use the fluffy rice to soak up all that delicious goodness!

Pantry items

Olive Oil, Butter, 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
butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
chicken breast	1 packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
mild curry paste	1 packet	1 packet
coconut milk	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3140kJ (750Cal)	542kJ (130Cal)
Protein (g)	45.1g	7.8g
Fat, total (g)	41.9g	7.2g
- saturated (g)	24g	4.1g
Carbohydrate (g)	90.8g	15.7g
- sugars (g)	14.9g	2.6g
Sodium (mg)	958mg	165mg

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.



Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, over high heat, until tender, **12 minutes**.
- Drain and return **rice** to saucepan.
- Stir through the **butter** and **baby spinach leaves**, until wilted. Cover to keep warm.



Finish the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** and **mild North Indian spice blend** until browned and cooked through, **4-5 minutes**.
- Add **mild curry paste**, **coconut milk** and the **brown sugar**, then return **veggies** to the pan and cook until thickened, **2-3 minutes**. Season to taste.



Start the curry

- While rice is cooking, thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds.
- Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot** and **green beans** until tender, **4-5 minutes**. Transfer to a bowl.



Serve up

- Divide spinach rapid rice between bowls.
- Top with chicken korma curry.
- Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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