



Oven-Ready Indian Chicken Curry

with Rice & Green Beans

READY TO HEAT

Grab your Meal Kit with this symbol



Veggie-Loaded Indian Chicken Curry



Green Beans



Basmati Rice



Prep in: 5-15 mins
Ready in: 35-45 mins

Calorie Smart

Our Heat & Eat recipes come with a fully prepared main that's ready to heat in the oven and serve with fresh sides. That means you can enjoy a deliciously satisfying dinner for the whole family without any extra fuss! Enjoy a tasty sauce packed full of tender chicken and veggies. Serve with rice so every drop is gobbled up.

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

You will need

Oven tray · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
veggie-loaded Indian chicken curry	1 packet	2 packets
green beans	1 bag (200g)	2 bags (400g)
basmati rice	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1756kJ (420Cal)	334kJ (80Cal)
Protein (g)	31.8g	6.1g
Fat, total (g)	9.3g	1.8g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	47.9g	9.1g
- sugars (g)	7.2g	1.4g
Sodium (mg)	370mg	70mg

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.

1



2



3



Heat the curry & cook the rice

- Preheat oven to **180°C/160°C fan-forced**. Boil the kettle.
- Remove plastic film from the **chicken curry** container, then cover with foil.
- Place on an oven tray and bake until piping hot inside, **40-45 minutes**.
- Meanwhile, half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook uncovered, over a high heat until tender, **12 minutes**.
- Drain and set aside.

Cook the green beans

- When the curry has **15 minutes** remaining, trim **green beans**.
- Place **beans** in a large heatproof bowl and pour over enough **boiling water** to cover. Cover immediately with a plate or foil. Set aside until beans are tender, **10-12 minutes**. Drain and season to taste.

Serve up

- Divide veggie loaded Indian chicken curry, rice and green beans between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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