



Chicken Korma Curry & Garlic Rice

with Yoghurt, Parsley & Onion Chutney

TAKEAWAY FAVES

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Baby Broccoli



Boneless Chicken Drumsticks



Garlic Paste



Basmati Rice



Brown Mustard Seeds



Mumbai Spice Blend



Mild Curry Paste



Cream



Greek-Style Yoghurt



Onion Chutney



Parsley



Boneless Chicken Drumsticks

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

Eat Me Early

There's nothing like mildly-spiced korma curry topped with onion chutney for a warming weeknight meal. Make sure to use the fluffy rice to soak up all that delicious curry sauce!

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

Pantry items

Olive Oil, Butter

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1 bag	1 bag
boneless chicken drumsticks	1 packet	1 packet
butter*	20g	40g
garlic paste	1 medium packet	1 large packet
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
brown mustard seeds	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
mild curry paste	1 medium packet	1 large packet
cream	½ packet (125ml)	1 packet (250ml)
Greek-style yoghurt	1 medium packet	1 large packet
onion chutney	1 medium packet	1 large packet
parsley	1 bag	1 bag
boneless chicken drumsticks**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3812kJ (911Cal)	724kJ (173Cal)
Protein (g)	44.3g	8.4g
Fat, total (g)	46.9g	8.9g
- saturated (g)	24.2g	4.6g
Carbohydrate (g)	91.7g	17.4g
- sugars (g)	18.5g	3.5g
Sodium (mg)	1072mg	204mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4556kJ (1089Cal)	664kJ (159Cal)
Protein (g)	73.1g	10.6g
Fat, total (g)	53.5g	7.8g
- saturated (g)	26.1g	3.8g
Carbohydrate (g)	91.7g	13.4g
- sugars (g)	18.5g	2.7g
Sodium (mg)	1206mg	176mg

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 | CW47



1



Get prepped

- Cut **baby broccoli** into thirds. Cut **boneless chicken drumsticks** into 2cm chunks.

Custom Recipe: If you've doubled your boneless chicken drumsticks, prep in the same way as above.

3



Make the curry

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **baby broccoli**, tossing occasionally, until chicken is browned and cooked through, **5-6 minutes**.
- Add **brown mustard seeds**, **Mumbai spice blend** and remaining **garlic paste**, cooking until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **mild curry paste**, **cream** (see **ingredients**) and a splash of **water**. Stir to combine and simmer until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.

Custom Recipe: Cook chicken in batches for the best result. Return all the chicken to the pan before continuing with the step.

2



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: Cover the pan with a lid if the garlic paste starts to spatter!

4



Serve up

- Divide garlic rice between bowls. Top with chicken Korma curry.
- Serve with **Greek-style yoghurt** and **onion chutney**.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate