

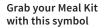
# Chicken Korma Curry & Garlic Rice

with Yoghurt, Parsley & Onion Chutney

TAKEAWAY FAVES

CUSTOMER FAVOURITE







Baby Broccoli



Drumsticks



Garlic Paste







**Brown Mustard** 



Mumbai Spice Blend

Seeds



Mild Curry





Greek-Style





Parsley



Onion Chutney

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<br>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<br>blend            | 1 sachet            | 2 sachets           |
| mild curry paste                 | 1 medium packet     | 1 large packet      |
| cream                            | ½ packet<br>(125ml) | 1 packet<br>(250ml) |
| Greek-style<br>yoghurt           | 1 medium packet     | 1 large packet      |
| onion chutney                    | 1 medium packet     | 1 large packet      |
| parsley                          | 1 bag               | 1 bag               |
| boneless chicken<br>drumsticks** | 1 packet            | 1 packet            |

<sup>\*</sup>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**

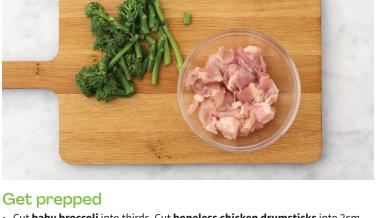
Always read product labels for the most up-to-date allergen information.

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





 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.



# 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.



# 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!



## 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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate