



Quick Bengali Chicken & Veggie Curry

with Rapid Rice & Roasted Cashews

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Garlic



Chicken Breast



Mumbai Spice Blend



Ginger Paste



Tomato Paste



Bengal Curry Paste



Coconut Milk



Baby Spinach Leaves



Crushed Roasted Cashews



Chicken Breast

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

Eat Me Early

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together fast for a mouth-watering meal that's undeniably tasty!

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
garlic	2 cloves	4 cloves
chicken breast	1 small packet	2 small packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
tomato paste	½ packet	1 packet
Bengal curry paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
water*	¼ cup	½ cup
brown sugar*	½ tbs	1 tbs
salt*	¼ tsp	½ tsp
baby spinach leaves	1 medium bag	1 large bag
crushed roasted cashews	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3091kJ (739Cal)	608kJ (145Cal)
Protein (g)	45.4g	8.9g
Fat, total (g)	36.4g	7.2g
- saturated (g)	18.4g	3.6g
Carbohydrate (g)	85.4g	16.8g
- sugars (g)	11.9g	2.3g
Sodium (mg)	1072mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3836kJ (917Cal)	574kJ (137Cal)
Protein (g)	78.5g	11.7g
Fat, total (g)	41.7g	6.2g
- saturated (g)	20g	3g
Carbohydrate (g)	86.2g	12.9g
- sugars (g)	11.9g	1.8g
Sodium (mg)	1171mg	175mg

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

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1



Cook the rapid 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

- Add **ginger paste**, **garlic**, **tomato paste** (see ingredients) and **Bengal curry paste** and cook until fragrant, **2 minutes**.
- Return **chicken** to the pan. Add **coconut milk**, the **water**, **brown sugar** and the **salt**. Reduce heat to medium-low, then simmer until sauce has thickened slightly, **2-3 minutes**.
- Add **baby spinach leaves** and stir until wilted, **1-2 minutes**.

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

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 **garlic**. Cut **chicken breast** into 2cm chunks.
- In a large 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.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **4-5 minutes**.

Custom Recipe: If you've doubled your chicken breast, cook in batches for 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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