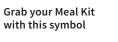


KID FRIENDLY















Chicken Breast



Mumbai Spice





Tomato Paste

Bengal Curry Paste





Coconut Milk

Baby Spinach





Crushed Roasted Cashews



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!



Eat Me Early

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

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	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*	1/4 cup	½ cup		
brown sugar*	½ tbs	1 tbs		
salt*	1/4 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

2023 | CW51





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.



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.



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!



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

Did we make your tastebuds happy?
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