



Chicken Korma Curry

with Rapid Rice & Crispy Shallots

TAKEAWAY FAVES

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Basmati Rice



Salad Leaves



Carrot



Green Beans



Chicken Thigh



Mild North Indian Spice Blend



Mild Curry Paste



Light Coconut Milk



Crispy Shallots



Chicken Thigh

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early

There's nothing like mildly-spiced curry made with creamy coconut milk for a warming weeknight meal. Make sure to use the fluffy rice to soak up all that delicious goodness!

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

Pantry items

Olive Oil, Butter, 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
butter*	20g	40g
salad leaves	1 small bag	1 medium bag
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
chicken thigh	1 small packet	2 small packets OR 1 large packet
mild North Indian spice blend	1 sachet	1 sachet
mild curry paste	1 medium packet	1 large packet
light coconut milk	1 packet (165ml)	1 packet (400ml)
brown sugar*	½ tsp	1 tsp
crispy shallots	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3052kJ (729Cal)	536kJ (128Cal)
Protein (g)	45.4g	8g
Fat, total (g)	39.1g	6.9g
- saturated (g)	23.2g	4.1g
Carbohydrate (g)	90.7g	15.9g
- sugars (g)	15.6g	2.7g
Sodium (mg)	920mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3709kJ (886Cal)	516kJ (123Cal)
Protein (g)	78.9g	11g
Fat, total (g)	41.5g	5.8g
- saturated (g)	23.9g	3.3g
Carbohydrate (g)	91.5g	12.7g
- sugars (g)	16.3g	2.3g
Sodium (mg)	981mg	136mg

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.
- Add **basmati rice** and a pinch of **salt** and cook over high heat until tender, **12 minutes**.
- Drain and return rice to saucepan.
- Stir through the **butter** and **salad leaves**, until wilted. Cover to keep warm.

3



Finish the curry

- Cut **chicken thigh** into 2cm chunks.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** and **mild North Indian spice blend** until browned and cooked through, **4-5 minutes**.
- Add **mild curry paste**, **light coconut milk** and the **brown sugar**, then return **veggies** to the pan and cook until thickened, **2-3 minutes**. Season to taste.

Custom Recipe: If you've doubled your chicken, cook in batches for best results!

2



Start the curry

- While rice is cooking, thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** until tender, **4-5 minutes**. Transfer to a bowl.

4



Serve up

- Divide rapid rice and chicken korma curry between bowls.
- Top with chicken korma curry.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Rate your recipe

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