



Chicken Korma Curry & Garlic Flatbreads

with Pan-Fried Veggies, Minty Yoghurt & Apricot Sauce

TASTE TOURS

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Garlic



Mint



Broccoli



Tomato



Onion



Greek-Style Yoghurt



Diced Chicken



Mumbai Spice Blend



Coconut Milk



Mild Curry Paste



Flatbreads



Crushed Roasted Cashews



Apricot Sauce

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

There's nothing like mildly-spiced curry made with coconut cream for a warming weeknight meal. Make sure to use the flatbreads and garlic rice to scoop up all that delicious goodness!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
garlic paste	1 small packet	1 medium packet
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
garlic	3 cloves	6 cloves
mint	1 packet	1 packet
broccoli	1 head	2 heads
tomato	1	2
onion	½	1
Greek-style yoghurt	1 medium packet	2 medium packets
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 medium sachet	2 medium sachets
coconut milk	1 medium packet	2 medium packets
water* (for the curry)	½ cup	1 cup
mild curry paste	1 medium packet	1 large packet
flatbreads	2	4
crushed roasted cashews	1 medium packet	2 medium packets
apricot sauce	½ medium packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	510kJ (1219Cal)	549kJ (131Cal)
Protein (g)	64g	6.9g
Fat, total (g)	58.3g	6.3g
- saturated (g)	29.4g	3.2g
Carbohydrate (g)	147g	15.8g
- sugars (g)	26.4g	2.8g
Sodium (mg)	1432mg	154mg
Dietary Fibre (g)	23.6g	2.5g

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

2024 | CW22



Cook the garlic rice

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

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



Make the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **diced chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Add **Mumbai spice blend** and cook until fragrant, **1 minute**.
- Add **coconut milk** and **water (for the curry)**. Stir to combine and simmer, **1 minute**.
- Reduce heat to medium, then add **mild curry paste** and cook, stirring, until fragrant, **1-2 minutes**. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

- Meanwhile, finely chop **garlic** and **mint**. Cut **broccoli** into small florets, then roughly chop the stalk. Roughly chop **tomato**. Thinly slice **onion** (see ingredients).
- In a small bowl, combine **Greek-style yoghurt**, **mint** and a pinch of **salt** and **pepper**. Set aside.
- In a small microwave-safe bowl, add the remaining **butter** and half the **garlic**. Microwave in **10 second** bursts, until melted. Season with **salt**. Set aside.



Bake the flatbreads

- While the curry is cooking, spread **garlic butter** over one side of **flatbreads** and place directly on a wire oven rack. Bake until golden, **3-5 minutes**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** until just tender, **4-5 minutes**.
- Add **tomato** and cook, stirring, until softened, **2-3 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Serve up

- Garnish veggies with **crushed roasted cashews**. Bring everything to the table to serve.
- Help yourself to some chicken korma curry, garlic rice, pan-fried veggies, minty yoghurt, **apricot sauce** (see ingredients) and flatbreads. Enjoy!

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