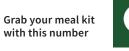


KID FRIENDLY

















Chicken Breast





Mumbai Spice Blend





Tomato Paste

Bengal Curry





Coconut Milk

**Baby Leaves** 



Crushed Roasted Cashews





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





### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	
jasmine rice	1 medium packet	1 large packet	
carrot	1	2	
garlic	2 cloves	4 cloves	
chicken breast	1 medium packet	2 medium 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	½ large packet	1 large packet	
coconut milk	1 medium packet	2 medium packets	
water*	1/4 cup	½ cup	
brown sugar*	2 tsp	4 tsp	
salt*	1/4 tsp	½ tsp	
baby leaves	1 small packet	1 medium packet	
crushed roasted cashews	1 packet	2 packets	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2578kJ (616Cal)	479kJ (114Cal)
Protein (g)	48.9g	9.1g
Fat, total (g)	36.6g	6.8g
- saturated (g)	19.7g	3.7g
Carbohydrate (g)	54.3g	10.1g
- sugars (g)	15.7g	2.9g
Sodium (mg)	1361mg	253mg
Dietary Fibre (g)	8g	1.5g

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.



## Cook the rapid rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Cook **jasmine rice** and a pinch of **salt**, uncovered, over high heat until tender, **12-14 minutes**.
- Drain rice, rinse and set aside.



#### Finish the curry

- Return pan to medium-high heat with a drizzle of olive oil. Cook carrot
  until tender, 4-5 minutes. Add ginger paste, garlic, tomato paste (see
  ingredients) and Bengal curry paste (see ingredients) 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 slightly thickened, 2-3 minutes. Add baby leaves and stir until wilted, 1-2 minutes.



## Start the curry

- Meanwhile, thinly slice **carrot** into half-moons. Finely chop **garlic**.
- Cut chicken breast into 2cm chunks.
- In a medium 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 and cooked through, 5-6 minutes.
  Transfer to a plate.

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



# Serve up

- · Divide rapid rice between bowls.
- Top with Indian chicken and veggie curry.
- Garnish with crushed roasted cashews to serve. Enjoy!

**Little cooks:** Work your magic and add the finishing touch by sprinkling over the cashews!



starting to curl up, 3-4 minutes. Add a splash of water if necessary!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

