



Easy Bengali-Style Chicken Curry

with Rapid Rice & Slivered Almonds

KID FRIENDLY

Grab your meal kit with this number

2



Jasmine Rice



Carrot



Garlic



Chicken Breast



Mumbai Spice Blend



Slivered Almonds



Ginger Paste



Tomato Paste



Bengal Curry Paste



Coconut Milk



Baby Leaves



Chicken Breast



Peeled Prawns

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

Calorie Smart

Protein Rich

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!

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting 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
slivered almonds	1 packet	2 packets
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*	¼ cup	½ cup
brown sugar*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2551kJ (609Cal)	476kJ (113Cal)
Protein (g)	48.6g	9.1g
Fat, total (g)	36.4g	6.8g
- saturated (g)	19.6g	3.7g
Carbohydrate (g)	53.8g	10g
- sugars (g)	15.6g	2.9g
Sodium (mg)	2517mg	469mg
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



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.



Make the curry

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **chicken**, tossing, until browned and cooked through (when no longer pink inside), **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**.
- 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**.



Get prepped

- While the **rice** is cooking, 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.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until toasted, **3-5 minutes**. Transfer to a bowl.



Serve up

- Divide rapid rice between bowls.
- Top with Bengali-style chicken curry.
- Sprinkle over slivered almonds to serve. Enjoy!

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

CUSTOM OPTIONS

+ **DOUBLE CHICKEN BREAST**
Follow method above.

↻ **SWAP TO PEELED PRAWNS**
Bring curry to a simmer, add prawns and cook until pink and 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.

