



# Chicken Korma Curry & Onion Chutney

with Baby Broccoli & Garlic Rice

TAKEAWAY FAVES

Grab your meal kit with this number

5



Baby Broccoli



Chicken Thigh



Garlic Paste



Jasmine Rice



Brown Mustard Seeds



Mumbai Spice Blend



Mild Curry Paste



Cream



Greek-Style Yoghurt



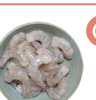
Onion Chutney



Parsley



Chicken Thigh



Peeled Prawns

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



Protein Rich



Eat Me Early

There's nothing like a mildly-spiced chicken korma curry topped with onion chutney for a warming weeknight meal. Make sure to use the fluffy rice to soak up all that delicious curry sauce!

### Pantry items

Olive Oil, Butter



## 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 with lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby broccoli	½ medium bunch	1 medium bunch
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	20g	40g
garlic paste	1 small packet	1 medium packet
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
brown mustard seeds	1 medium sachet	1 large sachet
Mumbai spice blend	1 sachet	2 sachets
mild curry paste	1 medium packet	1 large packet
cream	½ packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
onion chutney	1 medium packet	1 large packet
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3130kJ (748cal)	250kJ (60cal)
Protein (g)	42.1g	3.4g
Fat, total (g)	51.3g	4.1g
- saturated (g)	25.1g	2g
Carbohydrate (g)	51.1g	4.1g
- sugars (g)	18.8g	1.5g
Sodium (mg)	2286mg	182.3mg
Dietary Fibre (g)	9.6g	0.8g

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](https://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 | CW38



## Get prepped

- Cut **baby broccoli** into thirds.
- Cut **chicken thigh** into 2cm chunks.



## Make the curry

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** and **baby broccoli**, tossing occasionally, until chicken is browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add **brown mustard seeds**, **Mumbai spice blend** and remaining **garlic paste**, cooking until fragrant, **1-2 minutes**.
- Reduce heat to medium, then add **mild curry paste**, **cream** (see **ingredients**) and a splash of **water**. Stir to combine and simmer until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.

### CUSTOM OPTIONS

**+** **DOUBLE CHICKEN THIGH**  
Follow method above, cooking in batches if necessary.

**↻** **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!



## Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** 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:** Cover the pan with a lid if the garlic paste starts to spatter!



## Serve up

- Divide garlic rice between bowls.
- Top with chicken Korma curry.
- Serve with **Greek-style yoghurt** and **onion chutney**.
- Tear over **parsley** to serve. Enjoy!

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

