



Chicken & Baby Broccoli Korma

with Garlic Rice & Yoghurt

HELLOHERO

TAKEAWAY FAVES

Grab your meal kit with this number

22



Baby Broccoli



Chicken Thigh



Garlic Paste



Jasmine Rice



Brown Mustard Seeds



Mumbai Spice Blend



Cream



Bengal Curry Paste



Greek-Style Yoghurt



Onion Chutney



Parsley



Peeled Prawns



Chicken Thigh

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

Eat Me Early

There's nothing like a mildly-spiced chicken korma curry for a warming weeknight meal. Let's add some pops of green with tender baby broccoli, and 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 |
|---------------------------------|-----------------|---------------------------------------|
| olive oil* | 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 |
| butter* | 20g | 40g |
| garlic paste | 1 medium packet | 1 large packet |
| jasmine rice | 1 medium packet | 1 large packet |
| water* (for the rice) | 1½ cups | 3 cups |
| brown mustard seeds | 1 medium sachet | 1 large sachet |
| Mumbai spice blend | 1 sachet | 2 sachets |
| cream | ½ packet | 1 packet |
| Bengal curry paste | 1 medium packet | 1 large 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) | 3150kJ (752Cal) | 561kJ (134Cal) |
| Protein (g) | 42.2g | 7.5g |
| Fat, total (g) | 51.5g | 9.2g |
| - saturated (g) | 25.1g | 4.5g |
| Carbohydrate (g) | 51.6g | 9.2g |
| - sugars (g) | 19g | 3.4g |
| Sodium (mg) | 841mg | 150mg |
| Dietary Fibre (g) | 9.7g | 1.7g |

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



Get prepped

- Cut **baby broccoli** (see ingredients) 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 **cream** (see ingredients), **Bengal curry paste** and a splash of **water**. Stir to combine and simmer until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.

CUSTOM OPTIONS



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!



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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



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 and baby broccoli korma.
- Dollop over **Greek-style yoghurt** and **onion chutney**.
- Tear over **parsley** to serve. Enjoy!