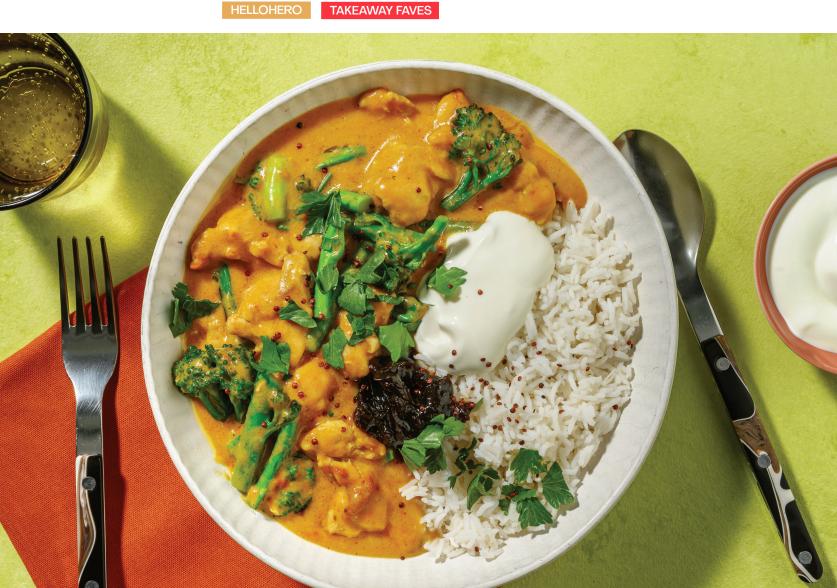
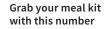


# Chicken & Baby Broccoli Korma

with Garlic Rice & Yoghurt









Baby Broccoli









Garlic Paste





Brown Mustard



Mumbai Spice

Seeds





Bengal Curry



Greek-Style Yoghurt



Onion Chutney



Parsley





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



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

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	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	

<sup>\*</sup>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.



## Get prepped

- · Cut baby broccoli (see ingredients) into thirds.
- · Cut chicken thigh into 2cm chunks.



## Make the curru

- 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.



## 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!





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

