



Bengali-Style Chicken Curry

with Rapid Rice & Crushed Peanuts

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

12



Jasmine Rice



Carrot



Garlic



Chicken Breast



Mumbai Spice Blend



Ginger Paste



Tomato Paste



Bengal Curry Paste



Coconut Milk



Baby Leaves



Crushed Peanuts



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
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*	½ tbs	1 tbs
salt*	¼ tsp	½ tsp
baby leaves	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2474kJ (591Cal)	464kJ (110Cal)
Protein (g)	49g	9.2g
Fat, total (g)	34.3g	6.4g
- saturated (g)	19.1g	3.6g
Carbohydrate (g)	51.3g	9.6g
- sugars (g)	16.7g	3.1g
Sodium (mg)	1193mg	224mg
Dietary Fibre (g)	8.3g	1.6g

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

2025 | CW01



Cook the 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

- 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**.

TIP: Cover the pan with a lid if the ginger paste starts to spatter!

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

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!



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. Cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until tender, **4-5 minutes**.

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



Finish & serve

- Divide rapid rice between bowls. Top with Bengali-style chicken curry.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

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

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

