



Chicken Korma Curry

with Rapid Rice & Crispy Shallots

FEEL GOOD TAKEAWAY

HELLOHERO

Grab your meal kit with this number

22



Basmati Rice



Carrot



Green Beans



Diced Chicken



Mild North Indian Spice Blend



Mild Curry Paste



Coconut Milk



Baby Leaves



Crispy Shallots



Diced Chicken



Halloumi/Grill Cheese

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



Protein Rich



Eat Me Early

There's nothing like mildly-spiced curry made with creamy coconut milk for a warming weeknight meal. Make sure to use the fluffy rice to soak up all that delicious goodness!

Pantry items

Olive Oil, Brown Sugar

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
basmati rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
mild curry paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
baby leaves	1 small packet	1 medium packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3028kJ (723Cal)	533kJ (127Cal)
Protein (g)	46.9g	8.3g
Fat, total (g)	39.1g	6.9g
- saturated (g)	23.2g	4.1g
Carbohydrate (g)	91.3g	16.1g
- sugars (g)	17.3g	3g
Sodium (mg)	1327mg	234mg
Dietary Fibre (g)	12.1g	2.1g

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.

1



Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook over high heat until tender, **12 minutes**.
- Drain and return **rice** to saucepan.

3



Finish the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced chicken** and **mild North Indian spice blend** until browned and cooked through, **4-5 minutes**.
- Add **mild curry paste**, **coconut milk** and the **brown sugar**, then return veggies to the pan and cook until thickened, **2-3 minutes**.
- Stir through **baby leaves** until just wilted. Season to taste.

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

2



Start the curry

- While rice is cooking, thinly slice **carrot** into half-moons.
- Trim **green beans** and cut into thirds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** until tender, **4-5 minutes**. Transfer to a bowl.

4



Finish & serve

- Divide rapid rice between bowls.
- Top with chicken korma curry.
- Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.



ADD HALLOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

