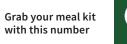


# Chicken Korma Curry

with Rapid Rice & Crispy Shallots

FEEL GOOD TAKEAWAY

HELLOHERO











Green Beans







Mild North Indian



Paste

Spice Blend





**Baby Leaves** 

Coconut Milk



Crispy Shallots





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

Eat Me Early



#### 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

| 3                             |                 |                                       |  |
|-------------------------------|-----------------|---------------------------------------|--|
|                               | 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<br>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                        |  |

<sup>\*</sup>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.



#### 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.



#### 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.



### 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.



#### Finish & serve

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

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



# DOUBLE DICED CHICKEN Follow method above, cooking in batches if necessary.

