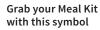


Chicken Korma Curry & Ginger Rice with Garlic Veggies, Flatbreads & Herbed Yoghurt



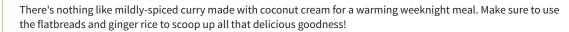




Prep in: 30-40 mins Ready in: 35-45 mins

Eat Me Early

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Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
ginger paste	1 packet	1 packet
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
garlic	3 cloves	6 cloves
herbs	1 bag	1 bag
broccoli	1 head	2 heads
tomato	1	2
onion	1 (medium)	1 (large)
boneless chicken drumsticks	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
coconut cream	1 box (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
mild curry paste	1 packet	1 packet
flatbreads	2	4
crushed roasted cashews	1 packet	2 packets
mango chilli sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
	5738kJ (1371Cal)	679kJ (162Cal)
Energy (kJ)	5736KJ (1371Cal)	679KJ (162Cal)
Protein (g)	54.6g	6.5g
Fat, total (g)	73.3g	8.7g
- saturated (g)	40.9g	4.8g
Carbohydrate (g)	138.8g	16.4g
- sugars (g)	23.7g	2.8g
Sodium (mg)	1193mg	141mg

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 ginger rice

- Preheat oven to 240°C/220°C fan-forced.
- In a medium saucepan, heat 1/2 the butter with a dash of olive oil over medium heat. Cook ginger paste until fragrant, 1-2 minutes.
- Add basmati rice, the water (for the rice) and a generous pinch of salt, stir, and bring to the boil.
 Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

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



Make the curry

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook onion and chicken, tossing, until browned and cooked through, 5-6 minutes.
- Add **coconut cream** and **water (for the curry)**. Stir to combine and simmer, **1 minute**.
- Reduce heat to medium, then add mild curry paste and cook, stirring, until fragrant,
 1-2 minutes. Season to taste.



Get prepped

- Meanwhile, finely chop garlic and herbs. Cut broccoli into small florets, then roughly chop the stalk. Roughly chop tomato. Thinly slice onion. Cut boneless chicken drumsticks into 2cm chunks.
- In a small bowl, combine Greek-style yoghurt, herbs and a pinch of salt and pepper. Set aside.
- In a small heatproof bowl, microwave the remaining butter and 1/2 the garlic in
 10 second bursts, until melted. Season with salt. Set aside.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **broccoli** until almost tender, **4-5 minutes**.
- Add **tomato** and cook, stirring, until softened, **2-3 minutes**.
- Add the remaining garlic and cook until fragrant,
 1 minute. Season with salt and pepper. Transfer to a bowl and cover to keep warm.



Bake the flatbreads

 While the curry is cooking, spread garlic butter over one side of flatbreads and place directly on an oven wire rack. Bake until golden, 3-5 minutes.



Serve up

- Garnish veggies with **crushed roasted cashews**. Bring everything to the table to serve.
- Help yourself to some chicken korma curry, ginger rice, garlic veggies, herbed yoghurt, **mango chilli sauce** and flatbreads. Enjoy!

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