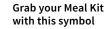


Mild Sri Lankan Chicken Masala

with Garlic Rice & Toasted Almonds

















Carrot





Chicken Breast

Flaked Almonds





Tomato Paste

Sri Lankan Spice Blend





Chicken-Style Stock Powder

Baby Spinach





Mint

Yoghurt

Pantry items

Olive Oil, Butter, Honey

Hands-on: 20-30 mins Ready in: 25-35 mins



Eat me early

Ready to make restaurant-worthy chicken masala in your own kitchen in just about 25 minutes? It's as easy as: 1. Brown your chicken. 2. Simmer it in a creamy sauce laced with aromatic Sri Lankan spices and umami-packed tomato paste. 3. Spoon it all over buttery garlic rice with fresh mint and crunchy almonds. Oh, and how could we forget 4: dig the heck in!

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 · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	4 cloves	8 cloves	
butter*	30g	60g	
basmati rice	1 packet	1 packet	
water* (for the rice)	1½ cups	3 cups	
salt*	1/4 tsp	½ tsp	
carrot	1	2	
tomato	1	2	
chicken breast	1 packet	1 packet	
flaked almonds	1 packet	2 packets	
tomato paste	½ packet	1 packet	
Sri Lankan spice blend	1 sachet	2 sachets	
water* (for the sauce)	½ cup	1 cup	
chicken-style stock powder	1 sachet	2 sachets	
honey*	½ tbs	1 tbs	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
mint	1 bunch	1 bunch	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (803Cal)	650kJ (155Cal)
Protein (g)	42.8g	8.3g
Fat, total (g)	32.2g	6.2g
- saturated (g)	13.1g	2.5g
Carbohydrate (g)	89.5g	17.3g
- sugars (g)	16.5g	3.2g
Sodium (mg)	2217mg	428mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** (**for the rice**) and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Roughly chop the **tomato**. Cut the **chicken breast** into 3cm chunks.



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned **3-4 minutes**.



Make the masala sauce

Reduce the frying pan to a medium-high heat, then add a drizzle of olive oil, the carrot, tomato, tomato paste (see ingredients), Sri Lankan spice blend and remaining garlic and cook until fragrant, 1 minute. Add the water (for the sauce), chicken-style stock powder and honey. Simmer until the sauce has thickened slightly and the chicken is cooked through, 3-4 minutes. Stir in the baby spinach leaves and remaining butter until the leaves are just wilted, 1 minute. Season to taste.



Serve up

Pick and roughly chop the **mint** leaves.
Divide the garlic rice between bowls. Top with the mild Sri Lankan chicken masala. Serve with the **Greek-style yoghurt**. Garnish with the mint and toasted almonds.

Enjoy!