



Mild Sri Lankan Chicken Masala

with Garlic Rice & Toasted Almonds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Tomato



Chicken Breast



Flaked Almonds



Tomato Paste



Sri Lankan Spice Blend



Chicken-Style Stock Powder



Baby Spinach Leaves



Mint



Greek-Style Yoghurt

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!

Pantry items

Olive Oil, Butter, Honey

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

	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*	¼ 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!



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**.



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.



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!