



Butter Chicken Curry with Roasted Peanuts

FRESH & FAST Box to plate: 15 mins Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3362kJ/803Cal | Protein 49.4g | Fat, total 36.6g - saturated 13.8g | Carbohydrate 65.1g - sugars 20g | Sodium 967mg
Naturally gluten-free (Not suitable for coeliacs)

Contact us | hello@hellofresh.com.au
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Get ready

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'll need

(along with the basics)



Large Frying Pan

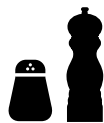


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

| | 2P | 4P |
|----------------------|--------------|--------------|
| Chicken Thigh Strips | 1 small pkt | 2 small pkts |
| Trimmed Green Beans | 1 bag | 2 bags |
| Garlic Paste | 1 pkt | 2 pkts |
| Tandoor Curry Sauce | 1 pkt | 2 pkts |
| Greek Yoghurt | 1 pkt (100g) | 1 pkt (200g) |

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Chicken Thigh Strips



Trimmed Green Beans



Garlic Paste

- Heat **olive oil** in a large frying pan over a medium-high heat
- Cook **chicken**, tossing, until browned, **2-3 mins**
- Add **beans** and toss until softened, **4-5 mins**
- Add **garlic paste** and cook until fragrant, **1 min**



2. Stir



Tandoor Curry Sauce



Baby Spinach Leaves

- Add **curry sauce** and **spinach** and stir until bubbling and wilted
- Remove from heat
- Season with **salt** and **pepper**



3. Zap



Microwavable Basmati Rice



Coriander



Yoghurt



Roasted Peanuts

- Meanwhile, zap **rice** in microwave until steaming, **2-3 mins**
- Roughly chop **coriander**
- Plate up **rice** and **butter chicken**
- Dollop with **yoghurt**
- Sprinkle with **peanuts** and **coriander** to serve

