



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 3531kJ (843Cal) | Protein 50.8g | Fat, total 36.8g - saturated 13.8g | Carbohydrate 72.2g - sugars 24.9g | Sodium 1377mg
Naturally gluten-free (not suitable for coeliacs)

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2021 | WK02 | V

Get ready

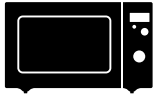
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 pkt	2 pkts
Garlic Paste	1 pkt	2 pkts
Tandoor Curry Sauce	1 pkt	2 pkts
Greek-Style 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



Mumbai Spice Blend



Trimmed Green Beans



Garlic Paste



Tomato Paste

2. Stir



Tandoor Curry Sauce



Baby Spinach Leaves

3. Zap



Microwavable Basmati Rice



Greek-Style Yoghurt



Roasted Peanuts



Mint

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

- Remove frying pan from heat
- Add **curry sauce** and **baby spinach** and stir until bubbling and wilted, **1 min**
- Season to taste

- Meanwhile, microwave **rice** until steaming, **2-3 mins**
- Plate up **rice** and **butter chicken** and top with **yoghurt**
- Serve sprinkled with **peanuts** and torn **mint**

