



Creamy Butter Chicken & Greens

with Cashew Rice & Garlic Naan

Grab your Meal Kit
with this symbol



Basmati Rice



Roasted Cashews



Chicken Breast



Mild North Indian
Spice Blend



Tomato Paste



Mild Curry
Paste



Garlic Paste



Light Cooking
Cream



Mixed Leaves



Naan Bread



Chicken
Breast



Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **20-30 mins**
Ready in: **30-40 mins**



Eat Me Early



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
roasted cashews	1 medium packet	1 large packet
butter*	40g	80g
chicken breast	1 small packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
mild curry paste	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water* (for the curry)	¼ cup	½ cup
mixed leaves	1 medium bag	1 large bag
naan bread	2	4
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4719kJ (1128Cal)	904kJ (216Cal)
Protein (g)	55.1g	10.6g
Fat, total (g)	48.1g	9.2g
- saturated (g)	21.9g	4.2g
Carbohydrate (g)	114.1g	21.9g
- sugars (g)	18.5g	3.5g
Sodium (mg)	1974mg	378mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5512kJ (1317Cal)	802kJ (191Cal)
Protein (g)	87.5g	12.7g
Fat, total (g)	54.7g	8g
- saturated (g)	23.8g	3.5g
Carbohydrate (g)	114.1g	16.6g
- sugars (g)	19.1g	2.8g
Sodium (mg)	2183mg	318mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Make the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add **basmati rice**. Stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**. Stir **roasted cashews** and 1/2 the **butter** through **rice**.

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

4



Make it saucy

Reduce heat to medium-high, then add **tomato paste**, **mild curry paste** and 1/2 the **garlic paste**. Cook until fragrant, **1 minute**. Add **light cooking cream**, the **brown sugar** and the **water (for the curry)**. Cook, stirring, until thickened, **2-3 minutes**. Add **mixed leaves** and cook, stirring, until wilted, **1 minute**.

2



Get prepped

While rice is cooking, preheat oven grill to high. Cut **chicken breast** into 2cm chunks. In a medium bowl, combine **Mild North Indian spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken** and toss to coat.

3



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing occasionally, until browned and cooked through, **4-6 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM RECIPE

If you've doubled your chicken, cook chicken in batches for best results!

5



Prep the naan

While sauce is cooking, combine remaining **butter** and remaining **garlic paste** in a small heatproof bowl. Microwave in **10 second** bursts, until fragrant and melted. Spread **garlic butter** over one side of **naan bread**. Place **naan** directly on an oven wire rack. Grill until golden, **3-5 minutes**.

6



Serve up

Divide creamy butter chicken and greens and the cashew rice between bowls. Serve with garlic naan.

Enjoy!

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