



Creamy Indian Coconut Chicken Curry

with Green Beans & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Ginger



Garlic



Tandoori Paste



Chicken Thigh



Tomato Paste



Coconut Cream

Hands-on: **25-35** mins
Ready in: **35-45** mins

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together fast for a mouth-watering meal that the troops will love!

Pantry items

Olive Oil, 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 packet	2 packets
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
ginger	½ knob	1 knob
garlic	2 cloves	4 cloves
tandoori paste	1 packet (50g)	2 packet (100g)
salt*	½ tsp	1 tsp
chicken thigh	1 small packet	1 large packet
tomato paste	1 packet (50g)	2 packets (100g)
water* (for the sauce)	2 tbs	½ cup
coconut cream	½ tin (200ml)	1 tin (400ml)
brown sugar*	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3646kJ (871Cal)	620kJ (148Cal)
Protein (g)	42.3g	7.2g
Fat, total (g)	40g	6.8g
- saturated (g)	23.4g	4g
Carbohydrate (g)	80.6g	13.7g
- sugars (g)	15.7g	2.7g
Sodium (mg)	1378mg	234mg

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.



1. Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan 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!*



2. Prep the veggies

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans** and cut into 2cm pieces. Finely grate the **ginger** (see ingredients list). Finely grate the **garlic** (or use a garlic press).



3. Flavour the chicken

Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **tandoori paste**, **1/2 the salt** and a **drizzle of olive oil**. Add the **chicken** and toss to coat.



4. Start the curry

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add **1/2 the tandoori chicken** and cook, tossing occasionally, until browned, **3-4 minutes**. Transfer to a plate and repeat with the **remaining chicken**. Return all the **chicken** to the pan and reduce the heat to medium. Add the **ginger**, **garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add the **carrot** and **water (for the sauce)** and simmer until the carrot has softened slightly, **3 minutes**.



5. Finish the curry

Add the **coconut cream** (see ingredients list), **green beans**, **brown sugar** and the **remaining salt** to the pan. Simmer until the veggies are tender and the sauce has thickened, **5-7 minutes**.



6. Serve up

Divide the basmati rice between bowls and top with the creamy Indian chicken curry.

Enjoy!