

## MILD INDIAN CHICKEN & VEGGIE CURRY

with Basmati Rice





Make a mild Indian chicken curry













Chicken Thigh



Mild North Indian Spice Blend



**Diced Tomatoes** 



Baby Spinach

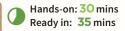


**Cooking Cream** 



Chilli Flakes (Optional)

Pantry Staples: Olive Oil, Butter, Brown Sugar







There's no need to call for takeaway when you can whip up this mild Indian curry with hardly any effort. It has a gentle creamy, tomato flavour that kids will love, with zucchini and baby spinach to add essential greens. With tender chicken and fluffy rice, get ready for a curry for the whole family!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium saucepan with a lid • large frying pan



### **COOK THE RICE** In a medium saucepan, bring the water 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 for another 10 minutes, or until the rice is tender and the

water is absorbed. \*TIP: The rice will finish

cooking in its own steam so don't peek!



**GET PREPPED** While the rice is cooking, finely chop the brown onion. Cut the carrot (unpeeled) into 0.5cm half-moons. Cut the **zucchini** into 1cm chunks. Finely chop the **garlic** (or use a garlic press). Cut the chicken thigh into 2cm chunks.



**T** COOK THE CHICKEN In a large frying pan, heat a **drizzle** of olive oil over a high heat. When the oil is hot, add the chicken and cook, tossing, for 5-6 minutes, or until browned and cooked through. Transfer to a medium bowl. \*TIP: If your pan is getting crowded, cook in batches for best results!



**COOK THE VEGGIES** Return the large frying pan to a mediumhigh heat with an extra drizzle of olive oil. Add the **onion** and **carrot** and cook, stirring for 2-3 minutes, or until softened. Add the **zucchini** and **garlic** and cook for a further 2 minutes, or until fragrant. Add the butter to the pan and stir to melt. Once melted, add the mild North Indian spice blend and cook for 30 seconds, or until fragrant.



SIMMER THE SAUCE Return the **chicken** to the pan with any resting juices and add the salt, diced tomatoes and brown sugar. Simmer for 5-10 minutes or until slightly thickened. Add the **baby spinach leaves** and stir for 1-2 minutes, or until just wilted. Reduce the heat to low and add 1/2 tub cooking cream and mix well. Season to taste with salt and **pepper**. \* TIP: Add a dash more cream if you like a thinner curry, just be careful not to dilute the flavour too much.



**SERVE UP** Divide the basmati rice and mild chicken and veggie curry between bowls. Sprinkle a pinch of chilli flakes over the adult portions if you like.

TIP: For kids, follow our serving suggestion in the main photo!

**ENJOY!** 

# **INGREDIENTS**

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olive oil*	refer to method
water*	3 cups
basmati rice	2 packets
brown onion	1
carrot	1
zucchini	1
garlic	3 cloves
chicken thigh	1 packet
butter*	40 g
mild North Indian spice blend	4 sachets
salt*	1 tsp
diced tomatoes	1 box
brown sugar*	1 tbs
baby spinach leaves	1 bag (120 g)
cooking cream	½ tub (150 ml)
chilli flakes (optional)	pinch

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2710kJ (647Cal)	494kJ (118Cal)
Protein (g)	41.0g	7.5g
Fat, total (g)	28.6g	5.2g
- saturated (g)	13.9g	2.5g
Carbohydrate (g)	53.3g	9.7g
- sugars (g)	18.6g	3.4g
Sodium (g)	862mg	157mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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