



# MILD INDIAN CHICKEN & VEGGIE CURRY

with Basmati Rice



Make a mild Indian chicken curry



Basmati Rice



Brown Onion



Carrot



Zucchini



Garlic



Chicken Thigh



Mild North Indian Spice Blend



Diced Tomatoes



Baby Spinach Leaves



Cooking Cream



Chilli Flakes (Optional)

Hands-on: **30 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Spicy (optional chilli flakes)

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!

**Pantry Staples:** Olive Oil, Butter, Brown Sugar



# BEFORE YOU START

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**



## 1 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!*



## 2 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.



## 3 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!*



## 4 COOK THE VEGGIES

Return the large frying pan to a medium-high 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.



## 5 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.*



## 6 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!

# 4-5 PEOPLE INGREDIENTS

	4-5P
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	1/2 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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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