



Easy Chicken Korma Curry

with Rapid Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Diced Chicken



Mild North Indian Spice Blend



Mild Curry Paste



Coconut Milk



Baby Spinach Leaves



Crispy Shallots

Hands-on: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

There's nothing like mildly-spiced curry made with creamy coconut milk for a warming weeknight meal. Make sure to use the fluffy rice to soak up all that delicious goodness!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
butter*	20g	40g
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
diced chicken	1 packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
mild curry paste	1 packet	1 packet
coconut milk	1 box (200ml)	1 tin (400 ml)
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3639kJ (870Cal)	618kJ (148Cal)
Protein (g)	46.3g	7.9g
Fat, total (g)	41.5g	7g
- saturated (g)	25.6g	4.3g
Carbohydrate (g)	91.3g	15.5g
- sugars (g)	16.3g	2.8g
Sodium (mg)	922mg	156mg

The quantities provided above are averages only.

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain and return **rice** to the saucepan.
- Stir through the **butter** until melted. Cover to keep warm.



Cook the curry

- Return the frying pan to a medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced chicken** and **mild North Indian spice blend** until chicken is browned and cooked through, **4-5 minutes**.
- Add **mild curry paste**, **coconut milk** and **brown sugar**, then return **veggies** to the pan and cook until thickened, **2-3 minutes**.
- Stir through the **baby spinach leaves** until wilted, **1 minute**. Season to taste.



Cook the veggies

- While the rice is cooking, thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot** and **green beans** until tender, **4-5 minutes**. Transfer to a bowl.



Serve up

- Divide chicken korma curry and rapid rice between bowls.
- Sprinkle over **crispy shallots** to serve.

Enjoy!