



# Creamy Indian Chicken Curry

## with Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Tomato



Coriander



Ginger



Garlic



Chicken Thigh



Tandoori Paste



Tomato Paste



Pure Cream



Baby Spinach Leaves

Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

Eat me early

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so delicious. Packed with flavour, it comes together superbly for a simple, yet sensational meal that's sure to please.

*Unfortunately, this week's courgette was in short supply, so we've replaced it with baby spinach leaves. Don't worry, the recipe will be just as delicious!*

### 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
tomato	1	2
coriander	1 bunch	1 bunch
ginger	1 knob	2 knobs
garlic	3 cloves	6 cloves
chicken thigh	1 packet	1 packet
tandoori paste	1 packet (50g)	2 packets (100g)
tomato paste	1 tin	2 tins
water* (for the sauce)	2 tbs	¼ cup
pure cream	½ packet	1 packet
brown sugar*	2 tsp	4 tsp
salt*	½ tsp	1 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3700kJ (885Cal)	572kJ (137Cal)
Protein (g)	40.8g	6.3g
Fat, total (g)	42.0g	6.5g
- saturated (g)	20.9g	3.2g
Carbohydrate (g)	80.7g	12.5g
- sugars (g)	17.1g	2.6g
Sodium (g)	1510mg	233mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 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. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato** and **coriander**. Finely grate the **ginger** and **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 occasionally, until browned, **3-4 minutes**.



## 4. Add flavour to the chicken

Reduce the heat to medium and add the **ginger** and **garlic** to the frying pan. Cook until fragrant, **1 minute**. Add the **tandoori paste** and **tomato paste** and cook until fragrant, **1 minute**.



## 5. Make it saucy

Add the **carrot**, **tomato** and **water (for the sauce)** to the frying pan and simmer until softened, **3 minutes**. Add the **pure cream** (see ingredients list), **brown sugar** and the **salt** and simmer until the veggies are tender, **4-5 minutes**. Stir through the **baby spinach leaves** until wilted, **1 minute**.



## 6. Serve up

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

**Enjoy!**