

Chicken Korma Curry & Garlic Rice

with Cashews & Herby Yoghurt

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Onion



Herbs



Fresh Chilli (Optional)



Curry Leaves



Chicken Breast



Mumbai Spice Blend



Mild Curry Paste



Light Cooking Cream



Mixed Leaves



Greek-Style Yoghurt



Roasted Cashews



Chicken Breast

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Spicy (optional fresh chilli)

Eat Me Early

In this mild and creamy Indian-style curry, juicy chicken breast soaks up the korma sauce like a treat. Serve over fluffy and fragrant rice, and with a refreshing and tangy herb yoghurt to cut through the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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
butter*	40g	80g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
onion	1	2
herbs	1 bag	1 bag
fresh chilli (optional) 🌶️	½	1
curry leaves	½ stem	1 stem
chicken breast	1 small packet	1 large packet
Mumbai spice blend	½ medium sachet	1 medium sachet
mild curry paste	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
water* (for the curry)	¼ cup	½ cup
mixed leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
roasted cashews	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4085kJ (976Cal)	731kJ (174Cal)
Protein (g)	51.7g	9.2g
Fat, total (g)	46.2g	8.3g
- saturated (g)	22.5g	4g
Carbohydrate (g)	84.9g	15.2g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1937mg	347mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4788kJ (1144Cal)	661kJ (157Cal)
Protein (g)	88g	12.2g
Fat, total (g)	48.4g	6.7g
- saturated (g)	23.2g	3.2g
Carbohydrate (g)	85.7g	11.8g
- sugars (g)	18.3g	2.5g
Sodium (mg)	2011mg	278mg

The quantities provided above are averages only.

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.

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Make the garlic rice

In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic paste** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Make it saucy

Reduce heat to medium-high, then add **curry leaves**, **Mumbai spice blend** (see ingredients), **mild curry paste** and remaining **garlic paste** and **butter**, and cook until fragrant, **1-2 minutes**. Add **light cooking cream** and the **water (for the curry)**, then simmer, stirring, until slightly thickened, **1-2 minutes**. Remove from heat. Stir through **mixed leaves**. Season with **salt** and **pepper** to taste.

CUSTOM RECIPE

Return all chicken to the pan, then continue as above.



Get prepped

While the rice is cooking, finely chop **onion** and **herbs**. Thinly slice **fresh chilli** (if using). Pick **curry leaves**. Cut **chicken breast** into 2cm chunks.



Flavour the yoghurt

In small bowl, combine **Greek-style yoghurt** and **herbs**. Season generously to taste.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** and **onion**, tossing occasionally, until browned, **6-7 minutes**.

CUSTOM RECIPE

If you've doubled your chicken breast, cook in batches for best results!



Serve up

Divide garlic rice between bowls. Top with chicken korma curry. Sprinkle over **roasted cashews** and chilli (if using). Serve with a dollop of herb yoghurt.

Enjoy!

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