



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**

1 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!