



# NORTH INDIA STYLE CHICKEN CURRY

with Fluffy Rice and Courgette



## HELLO COURGETTE

Americans call these vegetables 'zucchini'. The word "zucchini" comes from the Italian zucchini, meaning a small squash. Their flowers are also edible!



Onion



Garlic Clove



Courgette



Plain Flour



Diced Chicken Breast



Basmati Rice



Tomato Purée



North Indian Style Curry Powder



Chicken Stock Powder



Natural Yoghurt

MEAL BAG 6

- 30 mins
- 1 of your 5 a day
- Little heat

Chicken and courgette are great ingredients for dishes that are packed full of spice and flavour, such as this one, because of their more neutral flavour. Made with aromatic and fragrant Indian-style spices, our North India Spiced Chicken Curry is a staple dish perfect for weeknights. Serve with fluffy white rice and add to bowls, with a good portion of chicken curry and a hearty dollop of cooling yoghurt.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Mixing Bowl**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



### 1 GET PREPPED

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim the ends from the **courgette** and quarter lengthways, then chop into 1cm chunks. Put the **plain flour** into a mixing bowl and add a pinch of **salt** and **pepper**. Stir together, then add the **diced chicken** to the bowl. Toss together until coated in the **flour**.  
**! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 4 NOW THE CHICKEN

Pop the frying pan back on medium-high heat and add a glug of **oil**. Once the **oil** is really hot, add the **chicken** and stir-fry until golden brown on the outside, about 5-7 mins (we'll finish cooking it later on) remove the **chicken** from the pan onto a plate. Add a drizzle of **oil** to the pan and fry the **onion** until softened, stirring occasionally, 5-6 mins.



### 2 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### 5 SIMMER THE CURRY

Add the **garlic**, **tomato purée** and **North Indian style curry powder**. Stir and cook for 1 minute, pour in the **water** (see ingredients for amount) and the **stock powder**. Bring to the boil, stirring to scrape up any bits from the bottom of the pan. Return the **chicken** to the pan, lower the heat and simmer until the **sauce** is reduced by half and the **chicken** cooked through, 5-6 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 3 FRY THE COURGETTE

Meanwhile, heat a frying pan on high heat (no oil). Once the pan is really hot, add the **courgette** and stir-fry until golden brown on the outside, about 5 mins. Season with **salt** and **pepper**, then remove the **courgette** from the pan to a bowl.



### 6 COMBINE AND SERVE

Once the **curry** has reduced by half, add in the **courgette** and cook for 1 more minute, then remove from the heat. **★ TIP:** If it looks a little thick, just add a splash of water. Stir **three-quarters** of the **yoghurt** through the **curry** and season to taste with **salt** and **pepper**. Fluff up the **rice** with a fork and serve in bowls with a good portion of **chicken curry** and a dollop of remaining **yoghurt** on top. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Garlic Clove *	2	3	4
Courgette *	1	2	2
Plain Flour 13)	8g	8g	16g
Diced Chicken Breast *	280g	420g	560g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tomato Purée *	1 sachet	2 sachets	2 sachets
North Indian Style Curry Powder	1 small pot	1 small pot	1 large pot
Water for the Curry*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7) *	1 pouch	1½ pouches	2 pouches

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 427G	PER 100G
Energy (kJ/kcal)	2234 / 534	523 / 125
Fat (g)	5	1
Sat. Fat (g)	2	1
Carbohydrate (g)	77	18
Sugars (g)	13	3
Protein (g)	44	10
Salt (g)	0.93	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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