



# Quick Butter Chicken Masala

with Mustard Seed Cabbage and Rice

**RAPID** 20 Minutes • Little Heat • 1 of your 5 a day

N° 14



Ginger



Basmati Rice



Diced Chicken Thigh



Garlic Clove



Tomato Puree



Garam Masala



Chicken Stock Powder



Savoy Cabbage



Mustard Seeds



Soured Cream



Butter

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan, Sieve, Two Frying Pans, Fine Grater (or Garlic Press) and Measuring Jug.

### Ingredient

	2P	3P	4P
Ginger**	1 piece	1½ pieces	2 pieces
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2 cloves	3 cloves	4 cloves
Tomato Puree	1 sachet	1½ sachets	2 sachets
Garam Masala	1 small pot	1 large pot	1 large pot
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Savoy Cabbage**	1 small bag	1 large bag	2 small bags
Mustard Seeds 9)	1 small pot	1 large pot	1 large pot
Soured Cream 7)**	150g	225g	300g
Butter 7)**	30g	45g	60g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	399g	100g
Energy (kJ/kcal)	3510 / 839	879 / 210
Fat (g)	44	11
Sat. Fat (g)	22	6
Carbohydrate (g)	68	17
Sugars (g)	6	2
Protein (g)	40	10
Salt (g)	1.23	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 9) Mustard

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

b) Peel the **ginger** and then halve it.

c) When boiling, add the **rice** and the half piece of **ginger**.

d) Cook for 12 mins then drain in a sieve, pop back in the pan and cover with a lid.



## 4. Fry the Cabbage

a) While everything cooks, heat a drizzle of **oil** in another frying pan on medium high heat.

b) Once hot, add the **cabbage** and a splash of **water**.

c) Season with **salt** and **pepper**, then fry until nearly tender, 3-4 mins.

d) Stir in the **mustard seeds** and remaining **garlic** and cook for 1 minute.

e) Remove from the heat and cover with a lid or tin foil.



## 2. Cook the Chicken

a) Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat.

b) Once hot, add the **chicken**, season with **salt** and **pepper** and fry until golden brown, 4-5 mins. Stir occasionally. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

c) While the chicken cooks, grate the remaining **ginger**, peel and grate the **garlic** (or use a garlic press).



## 5. Finish the Curry

a) Once the **sauce** has reduced, stir in the **soured cream**.

b) Bring just to the boil, then stir in the **butter** until melted. Remove from the heat.

c) Taste and add **salt** and **pepper** if you feel it needs it.



## 3. Simmer

a) Once the **chicken** is brown, add the **tomato puree**, **garam masala**, **grated ginger** and **half the garlic**.

b) Stir together, then pour in the **water** (see ingredients for amount) and stir in the **chicken stock powder**.

c) Bring to the boil and simmer until reduced by half.



## 6. Finish and Serve

a) Remove (and discard) the **ginger** from the **rice** and spoon the **rice** into bowls.

b) Top with the **curry** and serve the **cabbage** on the side.

**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.