



Easy Chicken Matar Saag Curry

with Basmati Rice and Crispy Onions

Quick 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

16



Garlic Clove



Basmati Rice



Tomato Puree



Pasanda Style Seasoning



Diced British Chicken Breast



Chicken Stock Paste



Creme Fraiche



Mango Chutney



Peas



Baby Spinach



Crispy Onions



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter

+ Double Chicken Breast

If you chose to double chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



'Saag' is Hindi for spinach, whilst 'matar' means peas. Simmered with warming spices and served with fluffy basmati rice, this Easy Chicken Matar Saag Curry is ready in less than 25 minutes.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, saucepan, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Tomato Puree	30g	45g	60g
Pasanda Style Seasoning	1 sachet	1 sachet	2 sachets
Diced British Chicken Breast**	240g	390g	520g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	150g	150g
Mango Chutney	40g	60g	80g
Peas**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Crispy Onions 13)	1 sachet	1½ sachets	2 sachets
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Curry	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	453g	100g	573g	100g
Energy (kJ/kcal)	3228 / 771	713 / 170	3825 / 914	668 / 160
Fat (g)	28.0	6.2	30.1	5.3
Sat. Fat (g)	15.5	3.4	16.1	2.8
Carbohydrate (g)	91.2	20.2	91.3	16.0
Sugars (g)	19.3	4.3	19.5	3.4
Protein (g)	42.6	9.4	71.7	12.5
Salt (g)	2.02	0.45	2.14	0.37


Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Cook the Rice

- Boil a half-full kettle.
- While it comes to the boil, peel and grate the **garlic** (or use a garlic press).
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



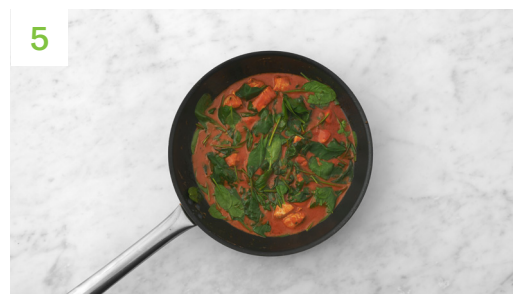
Hello Mango

- Once the **chicken** is cooked, add the **mango chutney** and **peas** to the **curry**.
- Season with **salt** and **pepper**.



Fry the Spices

- While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic**, **tomato puree** and **pasanda style seasoning**. Fry for 1 min.



Add the Spinach

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins, then remove from the heat.
- Stir in the **butter** until melted (see pantry for amount).
- Taste and add more **salt** and **pepper** if needed.



Poach the Chicken

- Add the **diced chicken**, **water for the curry** (see pantry for amount), **chicken stock paste** and **crema fraiche** to the frying pan. Stir to combine.
- Bring to a boil, then lower the heat.
- Simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 mins. Stir occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

+ Double Chicken Breast

If you're doubling up on **chicken**, cook the recipe in the same way.



Serve Up

- Share the **rice** between your bowls.
- Spoon over the **chicken matar saag curry**.
- Top with the **crispy onions** to finish.

Enjoy!