



# Creamy Chicken Masala

with Fluffy Rice and Butternut Squash

**CLASSIC** 40 Minutes • Medium Heat • 2 of your 5 a day

N° 1



Butternut Squash



Basmati Rice



Diced Chicken Thigh



Red Onion



Garlic Clove



Spring Onion



Tandoori Masala Spice



Tomato Puree



Chicken Stock Powder



Baby Spinach



Soured Cream

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Saucepan, Frying Pan, Fine Grater (or Garlic Press) and Measuring Jug.

### Ingredients

	2P	3P	4P
Butternut Squash**	1 small	1 large	1 large
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	210g	350g	420g
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Spring Onion**	2	3	4
Tandoori Masala Spice	1 small pot	1 small pot	1 large pot
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the Curry*	250ml	375ml	500ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 small bag	1 large bag
Soured Cream 7) **	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	629g	100g
Energy (kJ/kcal)	2866 / 685	456 / 109
Fat (g)	19	3
Sat. Fat (g)	7	1
Carbohydrate (g)	91	15
Sugars (g)	20	3
Protein (g)	35	6
Salt (g)	1.79	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

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. Roast the Squash

Preheat your oven to 220°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 1cm slices, then chop into 1cm chunks (no need to peel). Pop on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, then spread in a single layer. Roast on the top shelf of your oven until soft and golden, 25-30 mins, turn halfway.



## 2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp 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).



## 3. Cook the Chicken

While the squash and rice cook, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **chicken** and season with **salt** and **pepper**. Cook until the **chicken** is browned on the outside, 4-5 mins. Stir occasionally. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 4. Add the Onion

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **spring onions**, slice thinly and keep to the side. Once the **chicken** has browned, add the **red onion** and cook until softened, 5-6 mins. Stir occasionally.



## 5. Finish the Curry

Add in the **garlic** and **tandoori spice** (add less if you don't like heat). Stir and cook for 1 min. Add the **tomato puree**, **water** (see ingredients for amount) and the **stock powder**. Bring to the boil, then reduce the heat to medium. Simmer until reduced by half, 5-6 mins. Add the **spinach** in handfuls, stir through and cook until wilted, 2-3 mins. Add the **soured cream**, stir into the **sauce** until combined, then remove from the heat.



## 6. Finish and Serve

Add the **roasted squash** to the **curry** and stir everything together. **TIP:** Warm the curry through on a low heat if necessary, adding a splash of water if necessary. Taste and add **salt** and **pepper** if you feel it needs it. Serve the **rice** in bowls and spoon the **curry** on top. Sprinkle over the **spring onion**.  
**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.