



# Creamy Chicken Masala

with Fluffy Rice

Classic 40 Minutes • Medium Spice • 2 of your 5 a day



Butternut Squash



Basmati Rice



Diced Chicken Thigh



Red Onion



Garlic Clove



Spring Onion



Tandoori Masala Spice



Tomato Passata



Vegetable Stock Powder



Baby Spinach



Soured Cream



Diced Chicken Breast



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

### Cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan and Frying Pan.

### 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
Diced Chicken Breast**	280g	420g	560g
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 Passata	1 carton	1½ cartons	2 cartons
Water for the Curry*	75ml	100ml	150ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
Soured Cream <b>7</b> **	75g	100g	150g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	686g	100g
Energy (kJ/kcal)	2847 /681	415 /99
Fat (g)	19	3
Sat. Fat (g)	7	1
Carbohydrate (g)	92	13
Sugars (g)	20	3
Protein (g)	35	5
Salt (g)	1.79	0.26
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	721g	100g
Energy (kJ/kcal)	2787 /666	386 /92
Fat (g)	12	2
Sat. Fat (g)	5	1
Carbohydrate (g)	93	13
Sugars (g)	20	3
Protein (g)	48	7
Salt (g)	1.92	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk **10** Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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### 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.



### Prep!

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.



### 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).



### Finish the Curry

Add in the **garlic** and **tandoori masala spice** (add less if you don't like heat). Stir and cook for 1 minute. Pour in the **passata**, **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.



### 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 **chopped chicken** and season with **salt** and **pepper**. Cook until the **chicken** is browned on the outside, 4-5 mins, stirring occasionally. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



### CUSTOM RECIPE

If you've opted for **diced chicken breast** instead of **thigh**, cook this in the same way the recipe tells you to cook the **diced chicken thigh**.



### 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!