



Quick Butter Chicken Masala

with Mustard Seed Green Beans and Ginger Rice

Rapid Eat Me Early • 20 Minutes • Medium Spice • 1 of your 5 a day

16



Ginger



Basmati Rice



Diced Chicken Thigh



Garlic Clove



Green Beans



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Mustard Seeds



Soured Cream



Butter



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

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

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan and Garlic Press.

Ingredients

	2P	3P	4P
Ginger	1	1	2
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Spice Mix	1 pot	1 pot	2 pots
Water for the Sauce*	100ml	150ml	200ml
Sugar*	½ tsp	¾ tsp	1 tsp
Chicken Stock Paste	10g	15g	20g
Mustard Seeds** 9)	1 pot	1 pot	2 pots
Soured Cream** 7)	150g	225g	300g
Butter** 7)	30g	45g	60g
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	385g	100g
Energy (kJ/kcal)	3441/822	895/214
Fat (g)	42	11
Sat. Fat (g)	21	5
Carbohydrate (g)	72	19
Sugars (g)	7	2
Protein (g)	40	10
Salt (g)	1.18	0.31
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	385g	100g
Energy (kJ/kcal)	3148/752	817/195
Fat (g)	31	11
Sat. Fat (g)	18	5
Carbohydrate (g)	72	19
Sugars (g)	7	2
Protein (g)	45	12
Salt (g)	1.18	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

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.

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Cook the Rice

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

b) Peel and halve the **ginger**. **TIP:** Use a *teaspoon to easily scrape away the peel*.

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

d) Cook until tender, 12 mins. Once cooked, drain in a sieve, pop back in the pan and cover to keep warm.



Fry the Chicken

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

b) Once hot, add the **chicken** and season with **salt** and **pepper**. Stir-fry until golden brown, 4-5 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.

c) While the **chicken** cooks, grate the **remaining ginger**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds.



CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



Fry the Beans

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

b) Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.

c) Stir in the **mustard seeds** and **remaining garlic** and cook for 1 min.

d) Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Drain, then remove from the heat and keep covered.



Finish the Curry

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

b) Bring to the boil, then stir in the **butter** until melted. Remove from the heat. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

c) Taste and add **salt** and **pepper** if needed.



Simmer

a) Once the **chicken** has browned, add the **tomato puree**, **North Indian style spice mix**, **grated ginger** and **half the garlic**.

b) Stir together, then pour in the **water** and **sugar** (see ingredients for both amounts). Stir in the **chicken stock paste**.

c) Bring to the boil and simmer until reduced by half, 3-5 mins.



Serve

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

b) Top with the **curry** and scatter over the **mustard seed green beans**.

Enjoy!