



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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



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.