

Quick Butter Chicken Masala

with Mustard Seed Cabbage and Rice

RAPID 20 Minutes • Little Heat • 1 of your 5 a day



















Diced Chicken Thigh





Tomato Puree



Garam Masala



Chicken



Stock Powder





Savoy Cabbage

Mustard Seeds

Soured Cream



Before you start

Our fruit, veggies and herbs need a wash before vou 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
*Notice deal ** Common the Bodden			

*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

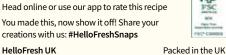
7) Milk 9) Mustard

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.

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1. Cook the Rice

- a) Bring a large saucepan of water to the boil with a 1/4 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.



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).



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.



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.



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.



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.