

# Quick Butter Chicken Masala with Mustard Seed Green Beans and Garlic Rice

Rapid

20 Minutes · Mild Spice









Basmati Rice



Diced Chicken



Thigh



Tomato Puree



Green Beans

North Indian Style Spice Mix



Chicken Stock



**Mustard Seeds** 



Creme Fraiche



#### **Pantry Items**

Oil, Salt, Pepper, Sugar, Butter

### **CUSTOM RECIPE**

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Kettle, garlic press, sieve, lid, and frying pan.

### Ingredients

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Ingredients	2P	3P	4P			
Garlic Clove**	3	4	6			
Basmati Rice	150g	225g	300g			
Diced Chicken Thigh**	260g	390g	520g			
Green Beans**	80g	150g	150g			
Tomato Puree	30g	45g	60g			
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets			
Chicken Stock Paste	10g	15g	20g			
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets			
Creme Fraiche** 7)	75g	150g	150g			
Diced Chicken Breast**	260g	390g	520g			
Pantry	2P	3P	4P			
Oil for Cooking*	½ tbsp	¾ tbsp	1 tbsp			
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp			
Water for the Sauce*	100ml	150ml	200ml			
Butter*	20g	30g	40g			
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<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Nutrition

Taci icioni			Custom Recipe	
Per serving	Per 100g	Per serving	Per 100g	
330g	100g	330g	100g	
3181/760	965/231	2920 /698	886 /212	
37.1	11.3	27.0	8.2	
16.9	5.1	13.9	4.2	
71.2	21.6	71.0	21.5	
6.7	2.0	6.7	2.0	
39.3	11.9	42.1	12.8	
1.58	0.48	1.51	0.46	
	Per serving 330g 3181/760 37.1 16.9 71.2 6.7 39.3	Per serving Per 100g   330g 100g   3181/760 965/231   37.1 11.3   16.9 5.1   71.2 21.6   6.7 2.0   39.3 11.9	Per serving 100g serving 330g 100g 330g 3181/760 965/231 2920/698 37.1 11.3 27.0 16.9 5.1 13.9 71.2 21.6 71.0 6.7 2.0 6.7 39.3 11.9 42.1	

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

### **Allergens**

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

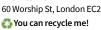
#### Contact

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### Cook the Garlic Rice

- **a)** Boil a half-full kettle. Peel and grate the **garlic** (or use a garlic press).
- b) Heat the oil for cooking (see pantry for amount) in a deep saucepan on medium heat. Once hot, add half the garlic and fry for 1 min. Stir in the rice and cook until coated, 1 min.
- c) Add 1/4 tsp salt and the boiled water and cook for 10-12 mins.
- **d)** Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



# Fry the Chicken

- **a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- **b)** Once hot, add the **diced chicken** and season with **salt** and **pepper**. Stir-fry until golden brown, 5-6 mins. **IMPORTANT**: Wash your hands and equipment after handling raw chicken and its packaging.
- c) While the **chicken** cooks, trim the **green beans**, then cut into thirds.

#### **CUSTOM RECIPE**

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



# Simmer and Spice

- a) Once the chicken has browned, stir in the tomato puree, North Indian style spice mix and remaining garlic.
- **b)** Add the **sugar** and **water for the sauce** (see pantry for both amounts). Stir in the **chicken stock paste**.
- **c)** Bring to the boil, then turn the heat down slightly and simmer until reduced by half, 3-5 mins.



### Bring on 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 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 any excess water, then remove from the heat and keep covered.



# Curry Up

- a) Once the **spiced sauce** has reduced, stir in the **creme fraiche**.
- **b)** Bring to the boil, then stir in the **butter** (see pantry for amount) 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.



#### Serve

- a) Share the garlic rice between your bowls.
- b) Top with the butter chicken masala and mustard seed green beans.

### Enjoy!