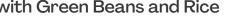


Quick Butter Chicken Masala with Green Beans and Rice





Super Quick 15 Minutes • Mild Spice



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan and frying pan.

Ingredients	2P	3P	4P			
Basmati Rice	150g	225g	300g			
Green Beans**	80g	150g	150g			
Diced Chicken Thigh**	260g	390g	520g			
Tomato Puree	30g	45g	60g			
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets			
Chicken Stock Paste	10g	15g	20g			
Creme Fraiche** 7)	75g	120g	150g			
Diced Chicken Breast**	1 pack	1 pack	1 pack			
Pantry	2P	3P	4P			
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp			
Water for the Sauce*	100ml	150ml	200ml			
Butter*	20g	30g	40g			
*Not Included **Store in the Eridge						

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Nutrition

		Ousconneeipe		
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	367g	100g	367g	100g
Energy (kJ/kcal)	3017/721	822/196	2756 /659	751/179
Fat (g)	34.1	9.3	24.0	6.5
Sat. Fat (g)	16.6	4.5	13.6	3.7
Carbohydrate (g)	69.3	18.9	69.0	18.8
Sugars (g)	6.4	1.8	6.4	1.8
Protein (g)	38.3	10.4	41.1	11.2
Salt (g)	1.57	0.43	1.51	0.41

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

Allergens

7) Milk

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, cereals containing 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

Let us know what you think! Share your creations with #HelloFreshSnaps Head to <u>hellofresh.co.uk</u> or use our app to rate this recipe

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Rice Time

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with ¼ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain and pop back in the pan. Cover and set aside.



Curry Up

- Once the **chicken** has browned, stir in the **tomato puree** and **North Indian style spice mix**.
- Add the **sugar** and **water** (see pantry for both).
- Stir in the chicken stock paste.
- Bring to the boil, then turn the heat down slightly. Simmer, 3-4 mins.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Trim the green beans. Cut into thirds.
- Once the **oil** is hot, fry the **chicken** and **green beans**, 5-6 mins. Season with **salt** and **pepper**. **IMPORTANT**: Wash hands and utensils after handling raw meat.

CUSTOM RECIPE

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



Dinner's Ready!

- Next, stir in the creme fraiche.
- Bring to the boil, then stir in the **butter** (see pantry). Remove from the heat. **IMPORTANT:** Cook so there's no pink in the middle.
- Taste and add **salt** and **pepper** if needed.
- Serve your **curry** and **rice** in bowls.

Enjoy!