



Quick Butter Chicken Masala

with Green Beans and Rice

Super Quick 15 Minutes • Mild Spice

7



Basmati Rice



Green Beans



Diced British Chicken Thigh



Tomato Puree



North Indian Style Spice Mix



Vegetable Stock Paste



Creme Fraiche



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Make it Pescatarian

If you chose to make this recipe pescatarian, 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. Ingredients in red are hot!

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------------------|-------------|-------------|-------------|
| Basmati Rice | 150g | 225g | 300g |
| Green Beans** | 80g | 150g | 150g |
| Diced British Chicken Thigh** | 240g | 390g | 520g |
| Tomato Puree | 30g | 45g | 60g |
| North Indian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Creme Fraiche** 7) | 75g | 150g | 150g |
| King Prawns** 5) | 225g | 300g | 450g |
| 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 Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|--------------------------------|-------------|-------------|---------------|-------------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 367g | 100g | 350g | 100g |
| Energy (kJ/kcal) | 3023 / 723 | 823 / 197 | 2364 / 565 | 676 / 162 |
| Fat (g) | 34.2 | 9.3 | 22.3 | 6.4 |
| Sat. Fat (g) | 16.5 | 4.5 | 13.1 | 3.7 |
| Carbohydrate (g) | 69.5 | 18.9 | 69.1 | 19.8 |
| Sugars (g) | 6.4 | 1.7 | 6.2 | 1.8 |
| Protein (g) | 38.1 | 10.4 | 22.9 | 6.6 |
| Salt (g) | 1.64 | 0.45 | 2.90 | 0.83 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **7)** Milk **10)** Celery

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



1



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.

2



Get Frying

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

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**. Fry, 2-3 mins instead. Continue as instructed, the **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

3



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 **veg stock paste**.
- Bring to the boil, then turn the heat down slightly. Simmer, 3-4 mins.

4



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!