



# Quick Butter Chicken Masala

with Mustard Seed Green Beans and Garlic Rice

**Quick** 20-25 Minutes • Mild Spice

12



Garlic Clove



Basmati Rice



Diced British Chicken Thigh



Green Beans



Tomato Puree



North Indian Style Spice Mix



Vegetable Stock Paste



Mustard Seeds



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

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Basmati Rice	150g	225g	300g
Diced British Chicken Thigh**	240g	390g	480g
Green Beans**	80g	150g	150g
Tomato Puree	30g	45g	60g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Mustard Seeds <b>9)</b>	1 sachet	1 sachet	2 sachets
Crème Fraîche** <b>7)</b>	75g	150g	150g
King Prawns* <b>5)</b>	225g	300g	450g
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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>380g</b>	<b>100g</b>	<b>362g</b>	<b>100g</b>
Energy (kJ/kcal)	3187 /762	840 /201	2528 /604	698 /167
Fat (g)	37.2	9.8	25.3	7.0
Sat. Fat (g)	16.8	4.4	13.5	3.7
Carbohydrate (g)	71.5	18.8	71.1	19.6
Sugars (g)	6.7	1.8	6.5	1.8
Protein (g)	39.2	10.3	24.0	6.6
Salt (g)	1.64	0.43	2.90	0.80


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

## Allergens

**5)** Crustaceans **7)** Milk **9)** Mustard **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.

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### Cook the Garlic Rice

- Boil a half-full kettle. Peel and grate the **garlic** (or use a garlic press).
- 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.
- Add **¼ tsp salt** and the **boiled water** and cook for 10-12 mins.
- 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.



### Bring on the Beans

- While everything cooks, heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.
- Stir in the **mustard seeds** and cook for 1 min.
- 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.



### Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- 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.
- While the **chicken** cooks, trim the **green beans**, then cut into thirds.

### Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then stir-fry, 2-3 mins. 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.



### Finish the Curry

- Once the **sauce** has reduced, stir in the **crème fraiche**.
- 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.
- Taste and add **salt** and **pepper** if needed.



### Simmer and Spice

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



### Serve

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

Enjoy!