

Pasanda Spiced Chicken Curry

with Cumin Rice and Courgette

Calorie Smart

25-30 Minutes • Medium Spice • 1 of your 5 a day



Basmati Rice



White Cumin Seeds



Courgette



Diced British Chicken Breast



Tomato Puree



Ginger Puree



Pasanda Style Seasoning



Chicken Stock Paste



Creme Fraiche



Pasanda curries are fragrant and gently spiced Indian dishes that are usually rich and creamy. Here, we've got chicken and fried courgette, perfect for soaking up the delicious flavour of the pasanda curry sauce.

Pantry Items

Oil, Salt, Pepper, Honey

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

Saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Courgette**	1	2	2
Diced British Chicken Breast**			
	240g	390g	480g
Tomato Puree	30g	45g	60g
Ginger Puree	15g	22g	30g
Pasanda Style Seasoning	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	2659 /635	430 /103
Fat (g)	17.2	2.8
Sat. Fat (g)	8.8	1.4
Carbohydrate (g)	82.3	13.3
Sugars (g)	13.3	2.2
Protein (g)	42.7	6.9
Salt (g)	2.08	0.34

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, 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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1 Cook the Cumin Rice

Pour the **water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice, cumin seeds** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

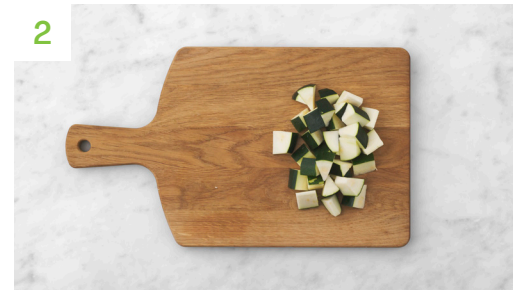


4 Build the Flavour

When the **chicken** is cooked, lower the heat to medium.

Add the **tomato puree, ginger puree** and **pasanda style seasoning**. Cook until fragrant, 1 min.

Stir in the **chicken stock paste, honey** and **water for the sauce** (see pantry for both amounts). Bring to the boil and simmer until thickened, 4-5 mins.



2 Get Prepped

Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks.



5 Finishing Touches

Add the **creme fraiche** to the **chicken** pan. Stir to combine, bring to the boil, then remove from the heat.

Taste and season with **salt** and **pepper** if needed.



3 Time to Fry

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **diced chicken** and **courgette** to the pan. Season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



6 Serve Up

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **pasanda spiced chicken curry**.

Enjoy!