

Quick Butter Chicken Masala

with Mustard Seed Green Beans and Ginger Rice

Rapid 20 Minutes • Medium Spice











Basmati Rice





Garlic Clove

Diced Chicken



Green Beans







Chicken Stock

North Indian Style Spice Mix



Mustard Seeds



Creme Fraiche



Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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, grater, saucepan, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Ginger**	1	1	2
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Garlic Clove**	2	3	4
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
Pantry Sugar for the Sauce*	2P ½ tsp	3P ¾ tsp	4P 1 tsp
J			
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

Nutrition

			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	342g	100g	342g	100g
Energy (kJ/kcal)	3152/753	922/220	2891/691	845 /202
Fat (g)	35.2	10.3	25.1	7.3
Sat. Fat (g)	16.7	4.9	13.7	4.0
Carbohydrate (g)	73.9	21.6	73.6	21.5
Sugars (g)	7.0	2.0	7.0	2.0
Protein (g)	39.1	11.4	41.9	12.3
Salt (g)	1.58	0.46	1.52	0.44

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.

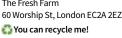
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Cook the Ginger Rice

- a) Boil a full kettle.
- b) Peel and grate the ginger. TIP: Use a teaspoon to easily scrape away the peel.
- c) Pour the **boiled water** into a large saucepan with 1/4 tsp salt on high heat. Add the rice and half the ginger 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 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 remaining garlic 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.



Fry the Chicken

- a) Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the 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, grate the remaining ginger. Peel and grate the garlic (or use a garlic press). Trim the green beans and chop into thirds.

CUSTOM RECIPE

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



Curry Up

- a) Once the chicken has browned, stir in the tomato puree, North Indian style spice mix, grated ginger and half the garlic.
- b) Add in 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 Creamy Sauce

- a) Once the curry 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) Remove and discard the ginger from the rice and share between your bowls.
- b) Top with the butter chicken masala and scatter over the mustard seed green beans.

Enjoy!