



Quick Butter Chicken Masala with Mustard Seed Tenderstem® and Ginger Rice

12

Rapid Eat Me Early • 20 Minutes • Medium Spice • 1 of your 5 a day



Ginger



Basmati Rice



Diced Chicken Thigh



Garlic Clove



Tenderstem® Broccoli



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Mustard Seeds



Creme Fraiche



Unsalted Butter



Diced Chicken Breast

Recipe Update

Due to quality issues with **green beans**, you'll instead receive **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Sugar

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, saucepan, sieve, lid, frying pan and fine grater.

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 |
| Tenderstem® Broccoli** | 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 |
| Crème Fraîche** 7) | 75g | 150g | 150g |
| Unsalted Butter** 7) | 20g | 30g | 40g |
| Diced Chicken Breast** | 280g | 420g | 560g |

| Pantry | 2P | 3P | 4P |
|----------------------|-------|-------|-------|
| Sugar for the Sauce* | ½ tsp | ¾ tsp | 1 tsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|----------------------------------------|-------------|----------|
| Energy (kJ/kcal) | 3115/745 | 922/220 |
| Fat (g) | 35.1 | 10.4 |
| Sat. Fat (g) | 16.6 | 4.9 |
| Carbohydrate (g) | 70.2 | 20.8 |
| Sugars (g) | 6.5 | 1.9 |
| Protein (g) | 40.0 | 11.8 |
| Salt (g) | 1.41 | 0.42 |

| Custom Recipe | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 338g | 100g |
| Energy (kJ/kcal) | 2854/682 | 845/202 |
| Fat (g) | 25.0 | 7.4 |
| Sat. Fat (g) | 14.0 | 4.1 |
| Carbohydrate (g) | 70.2 | 20.8 |
| Sugars (g) | 6.5 | 1.9 |
| Protein (g) | 42.9 | 12.7 |
| Salt (g) | 1.34 | 0.40 |

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.

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1 Cook the Ginger Rice

- Boil a full kettle.
- Peel and halve the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ tsp salt on high heat. Add the **rice** and **half** the **ginger** 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.



4 Fry the Broccoli

- While everything cooks, heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **broccoli**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins.
- Stir in the **mustard seeds** and remaining **garlic** and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **broccoli** is tender, 3-4 mins. Drain any excess **water**, then remove from the heat and keep covered.



2 Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- 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.
- While the **chicken** cooks, grate the remaining **ginger**. Peel and grate the **garlic** (or use a garlic press). Chop the **broccoli** in half widthways.

CUSTOM RECIPE

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



5 Finish the Curry

- Once the **sauce** has reduced, stir in the **creme fraiche**.
- Bring to the boil, then stir in the **butter** 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.



3 Simmer and Spice

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



6 Serve

- Remove and discard the **ginger** from the **rice** and share between your bowls.
- Top with the **chicken masala curry** and scatter over the **mustard seed broccoli**.

Enjoy!