



CREAMY TOMATO-GARLIC CHICKEN CURRY

with Turmeric Rice, Potatoes & Carrot from Chef Sahni

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



1 | 2
Onion



¼ oz | ½ oz
Cilantro



12 oz | 24 oz
Potatoes*



3 oz | 6 oz
Carrot



1 | 1
Lemon



10 oz | 20 oz
Chicken Cutlets



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Garam Masala



1 tsp | 2 tsp
Turmeric



1 tsp | 2 tsp
Chili Flakes



1.5 oz | 3 oz
Tomato Paste



½ Cup | 1 Cup
Basmati Rice



2 tsp | 2 tsp
Dijon Mustard



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

CELEBRATE ASIAN HERITAGE MONTH



As a queer South Asian woman, Chef Sahni brings homestyle cuisine from across India to NYC's TAGMO, telling stories of migration, cultural exchange and self-determination in the diaspora.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 690

TURMERIC

This warming spice adds a subtle earthy flavor and golden hue to rice.



HELLO FRESH

STEAM-SAUTÉ METHOD

You'll steam the veggies in the microwave, then crisp them up on the stove to add tons of texture and flavor.

BUST OUT

- Box grater
- Peeler
- Paper towels
- Medium bowl
- Medium pot
- Small pot
- Large bowl
- Plastic wrap
- Large pan

- Kosher salt
- Black pepper
- Sugar (**½ tsp | 1 tsp**)
- Cooking oil (**2 tsp | 2 tsp**)
- Butter (**½ TBSP | 1 TBSP**)

Contains: Milk



1 PREP

- **Wash and dry produce.**
- Peel and mince or grate **garlic**. Halve and peel **onion**; dice half into 1-inch pieces and grate the other half on the largest holes of a box grater. Roughly chop **cilantro**. Peel and dice **potatoes** into 1-inch pieces. Trim, peel, and dice **carrot** into 1-inch pieces. Quarter **lemon**.



2 MARINATE CHICKEN

- Pat **chicken*** dry with paper towels and cut into 1-inch pieces.
- In a medium bowl, combine chicken, **half the sour cream**, **½ tsp sugar**, and **½ tsp salt** (**1 tsp sugar and 1 tsp salt for 4 servings**). Stir to coat chicken; set aside to marinate.



3 COOK CHICKEN

- Heat a **drizzle of oil** in a medium pot over medium-high heat (**large pot for 4 servings**). Stir in **garlic**, **grated onion**, **garam masala**, **¼ tsp turmeric** (**½ tsp for 4**), a **pinch of salt and pepper**, and as many **chili flakes** as you like. (**You'll use more turmeric later.**) Cook, stirring, until golden brown and fragrant, 2-3 minutes. **TIP: Add a few splashes of water if onion starts to brown too quickly.**
- Add **tomato paste** and **½ cup water** (**1 cup for 4**). Stir and bring to a boil, then reduce heat to a medium simmer. Cook, stirring occasionally, 10-12 minutes. **TIP: When sauce is ready to have chicken added, a light sheen of oil will rise to the top.**
- Stir in **chicken with marinade** and **cilantro**; simmer over low heat, stirring occasionally, until chicken is cooked through, 5-7 minutes. Taste and season with **salt** and **pepper** if needed. Keep covered off heat until ready to serve.



4 COOK RICE

- While chicken is cooking, in a small pot (**medium pot for 4 servings**), combine **rice**, **¾ cup water** (**1½ cups for 4**), **½ tsp turmeric** (**1 tsp for 4**), and a **large pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 START VEGGIES

- While chicken and rice cook, in a large microwave-safe bowl, combine **potatoes**, **carrot**, and **1 tsp salt** (**2 tsp for 4 servings**). Cover with plastic wrap and microwave until potatoes and carrot are tender, 6 minutes.



6 FINISH VEGGIES

- In a large pan, heat a **drizzle of oil** and **½ TBSP butter** (**1 TBSP for 4 servings**) over medium-high heat. Add **potatoes and carrot**, **diced onion**, **half the mustard** (**all for 4**), **remaining turmeric**, and a **big pinch of salt**. Cook, stirring occasionally, until vegetables are golden brown and have formed a crust, 8-10 minutes.
- Squeeze **juice from one lemon wedge** (**juice from two wedges for 4**) over potatoes and carrot. Taste and season with **salt** if needed.



7 FINISH & SERVE

- Stir **remaining sour cream** into **curry**.
- Fluff **rice** with a fork.
- Divide rice, curry, and **potatoes and carrot** between plates or bowls. Serve with **remaining lemon wedges** on the side.

SHARE YOUR #HELLOFRESHPICS WITH US @HELLOFRESH

(646) 846-3663 | HELLOFRESH.COM

*Chicken is fully cooked when internal temperature reaches 165°.