



# Quick Mild Tomato Chicken Curry

with Garlic Rice & Flaked Almonds

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Carrot



Tomato



Chicken Breast



Flaked Almonds



Tomato Paste



Sri Lankan  
Spice Blend



Chicken Stock  
Pot



Baby Spinach  
Leaves



Mint



Greek-Style  
Yoghurt



Hands-on: **20-30 mins**  
Ready in: **25-35 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me early

Ready to make restaurant-worthy chicken curry in your own kitchen in just 25 minutes? It's as easy as browning the chicken, cooking the sauce and spooning it all over garlic rice. Dig in!

## Pantry items

Olive Oil, Butter, Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	30g	60g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
tomato	1	2
chicken breast	1 small packet	1 large packet
flaked almonds	1 medium packet	1 large packet
tomato paste	1 sachet	2 sachets
Sri Lankan spice blend	1 sachet	2 sachets
water* (for the sauce)	½ cup	1 cup
chicken stock pot	1 tub (20g)	1 tub (40g)
honey*	2 tsp	1 tbs
baby spinach leaves	1 bag (30g)	1 bag (60g)
mint	1 bunch	1 bunch
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3435kJ (820Cal)	646kJ (154Cal)
Protein (g)	42.3g	7.9g
Fat, total (g)	33.1g	6.2g
- saturated (g)	13.3g	2.5g
Carbohydrate (g)	83.2g	15.6g
- sugars (g)	20.4g	3.8g
Sodium (mg)	1294mg	243mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the garlic rice

Finely chop the garlic. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

4



## Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned, **3-4 minutes**.

2



## Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Roughly chop the **tomato**. Cut the **chicken breast** into 3cm chunks.

5



## Make the curry sauce

Reduce the frying pan heat to medium-high and add a drizzle of **olive oil**, the **carrot**, **tomato**, **tomato paste** (see ingredients), **Sri Lankan spice blend** and remaining **garlic**. Cook until fragrant, **1 minute**. Add the **water (for the sauce)**, **chicken stock pot** and **honey**. Simmer until thickened slightly and the **chicken** is cooked through, **3-4 minutes**. Stir in the remaining **butter** and the **baby spinach leaves** until just wilted, **1 minute**. Season to taste.

3



## Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.

6



## Serve up

Pick and roughly chop the **mint**. Divide the garlic rice between bowls. Top with the tomato chicken curry. Top with the **Greek-style yoghurt**. Garnish with the mint and flaked almonds.

## Enjoy!