



Chicken Rogan Josh

with Green Peppers and Cardamom Brown Rice

CLASSIC 25 Minutes • Medium Heat • 1 of your 5 a day

Nº 21



Cardamom Pod



Brown Basmati Rice



Diced Chicken Thigh



Green Pepper



Garlic Clove



Rogan Josh Curry Paste



Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Coriander



Chilli Flakes

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Large Frying Pan, Fine Grater (or Garlic Press) and Measuring Jug.

Ingredients

	2P	3P	4P
Cardamom Pod	4	4	4
Brown Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Green Pepper**	1	1½	2
Garlic Clove**	1 clove	1 clove	2 cloves
Rogan Josh Curry Paste	1 sachet	1½ sachets	2 sachets
Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Curry*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Chilli Flakes	a pinch	a pinch	a pinch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	581g	100g
Energy (kJ/kcal)	2874 /687	495 /118
Fat (g)	22	4
Sat. Fat (g)	5	1
Carbohydrate (g)	78	14
Sugars (g)	16	3
Protein (g)	41	7
Salt (g)	3.53	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Cook the Rice

Bring a large saucepan of **water** to the boil with ¼ tsp of **salt**. While it comes to the boil, lightly crush the **cardamom pods** to reveal the seeds. Pop these into the saucepan of **water**. Stir in the **rice**, bring back to the boil, and simmer the **rice** until tender, 25-30 mins. **TIP: Top up with water if it boils off.** Once cooked, carefully remove the **cardamom pods**, then drain the **rice** in a sieve and return to the pan, off the heat.



4. Simmer the Curry

Bring to a simmer and bubble gently until the **chicken** is cooked through and the **sauce** is nice and thick, 10-15 mins. **IMPORTANT: The chicken is cooked through when no longer pink in the middle.** Meanwhile, roughly chop the **coriander** (stalks and all).



2. Fry the Chicken

Meanwhile, heat a splash of **oil** in a large frying pan over medium-high heat. When hot, add the **chicken pieces** and fry until golden all over, 5-6 mins, turning every couple of mins. Season with **salt** and **pepper** as it cooks. Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a **garlic press**).



5. Finish Off

When the **chicken** is cooked through, taste the curry and season to taste with **salt** and **pepper**. Add **chilli flakes** at this stage if you want to increase the heat! Stir **half** the **coriander** through the **rice** and get ready to serve.



3. Add Some Spice!

Add the **peppers** to the pan with the **chicken** and cook until beginning to soften, another 3-4 mins. Stir in the **garlic** and **Rogan Josh paste** and cook for a minute. Stir in the **chopped tomatoes**, **water** (see ingredients for amount) and the **stock powder**.



6. Serve

Share the **rice** between your bowls and top with your **chicken rogan josh**. Finish with a sprinkle of **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.