



Quick Butter Chicken Masala

with Mustard Seed Green Beans and Ginger Rice

Rapid 20 Minutes • Medium Spice

16



Basmati Rice



Ginger Puree



Diced Chicken Thigh



Garlic Clove



Green Beans



Tomato Puree



North Indian Style Spice Mix



Chicken Stock Paste



Mustard Seeds



Double Cream



Unsalted Butter



Diced Chicken Breast



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 veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, sieve, frying pan, garlic press and aluminium foil.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Ginger Puree	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Tomato Puree	1 sachet	1½ sachets	2 sachets
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Chicken Stock Paste	10g	15g	20g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Double Cream** 7)	75g	150g	150g
Unsalted Butter** 7)	30g	45g	60g
 Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	3558/850	1030/246
Fat (g)	46	13
Sat. Fat (g)	23	7
Carbohydrate (g)	70	20
Sugars (g)	6	2
Protein (g)	39	11
Salt (g)	1.60	0.46

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	3242/775	938/224
Fat (g)	35	10
Sat. Fat (g)	21	6
Carbohydrate (g)	70	20
Sugars (g)	6	2
Protein (g)	44	13
Salt (g)	1.60	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Ginger Rice

a) Bring a large saucepan of **water** to the boil with **1/4 tsp salt** for the **rice**.

b) When boiling, add the **rice** and **half** the **ginger puree**.

c) Cook for 12 mins then drain in a sieve, pop back in the pan and cover with a lid to keep warm.



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, then remove from the heat and keep covered.



CUSTOM RECIPE

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



Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

b) Once hot, add the **chicken** and season with **salt** and **pepper**. Stir-fry until golden brown, 4-5 mins. **IMPORTANT:** Wash your hands after handling raw **chicken** and its packaging.

c) While the **chicken** cooks, peel and grate the **garlic** (or use a garlic press).

d) Trim the **green beans** and chop into thirds.



Finish the Curry

a) Once the **sauce** has reduced, stir in the **cream**.

b) 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.

c) Taste and add **salt** and **pepper** if needed.



Simmer the Spices

a) Once the **chicken** is brown, add the **tomato puree**, **North Indian style spice mix**, **remaining grated puree** and **half** the **garlic**.

b) Stir together, then pour in the **water** and **sugar for the sauce** (see ingredients for both amounts). Stir in the **chicken stock paste**.

c) Bring to the boil and simmer until reduced by half, 3-5 mins.



Serve

a) Fluff up the **rice** with a fork and spoon into bowls.

b) Top with the **curry** and scatter over the **mustard seed green beans**.

Enjoy!