



Ultimate Creamy Chicken Korma and Basmati Rice with Roasted Pepper & Onion Topping and Buttery Naan

35

Ultimate 35-40 Minutes • Mild Spice • 1 of your 5 a day



Basmati Rice



Garlic Clove



Bell Pepper



Red Onion



Tomato Puree



Korma Style Paste



Diced Chicken Breast



Chicken Stock Paste



Red Chilli



Double Cream



Cashew Butter



Plain Naan

Pantry Items
Sugar, Butter

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, garlic press and baking tray.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Red Onion**	1	1	2
Tomato Puree	1 sachet	1½ sachets	2 sachets
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g
Chicken Stock Paste	10g	15g	20g
Water for the Curry*	100ml	150ml	200ml
Sugar*	1 tsp	1½ tsp	2 tsp
Red Chilli**	½	¾	1
Double Cream** 7)	75g	120g	150g
Cashew Butter 2)	1 sachet	1½ sachets	2 sachets
Plain Naan 7) 11) 13)	2	3	4
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	584g	100g
Energy (kJ/kcal)	5078 /1214	870 /208
Fat (g)	47	8
Sat. Fat (g)	20	3
Carbohydrate (g)	144	25
Sugars (g)	18	3
Protein (g)	55	10
Salt (g)	3.58	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard 11) Soya 13) Cereals containing Gluten

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.

Contact

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Cook the Rice

Preheat your oven to 200°C. Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to medium. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Curry

While the **veg** roasts, heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **garlic**, **tomato puree** and **korma style paste** and cook until fragrant, 2-3 mins. Add the **chicken**, **chicken stock paste**, **water for the curry** and **sugar** (see ingredients for both amounts) to the pan. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.** Bring to the boil, then turn the heat down and cover with a lid. Simmer until thickened, 12-15 mins.



Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks. Halve, peel and thinly slice the **red onion**.



Finishing Touches

Meanwhile, halve the **chilli** lengthways, deseed then finely chop. Remove the lid from the **curry** and stir in the **double cream** and **cashew butter** until well combined. Bring to the boil, then simmer for 2-3 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Meanwhile, pop the **naans** onto a baking tray, spread over the **butter** (see ingredients for amount) and pop into the oven to warm through until the **butter** is melted, 2-3 mins.



Make the Topping

Pop the **pepper** and **onion** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Serve

When everything is ready, taste and season the **curry** with **salt** and **pepper** if needed. **TIP: Add a splash of water if it's a little too thick.** Share the **rice** between your bowls and top with your **ultimate creamy chicken korma**. Spoon over the **onion and pepper topping**, then finish with a sprinkle of **chilli**. Serve the **buttery naans** alongside.

Enjoy!