



Karahi-Inspired Chicken Curry

with Golden Tomato-Pepper Gravy and Spinach Rice

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts 2 4	Tofu 1 2	Chicken Breast Tenders 620 g 1240 g
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- | | |
|---|--|
| Chicken Breast Tenders
310 g 620 g | Basmati Rice
¼ cup 1 ½ cups |
| Sweet Bell Pepper
1 2 | Baby Spinach
28 g 56 g |
| Yellow Onion
1 2 | Green Peas
56 g 113 g |
| Tomato Sauce Base
2 tbsp 4 tbsp | Curry Paste
2 tbsp 4 tbsp |
| Chicken Stock Powder
1 tbsp 2 tbsp | Cream Sauce Spice Blend
1 tbsp 2 tbsp |
| Cumin-Turmeric Spice Blend
1 ½ tsp 3 tsp | |

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Pantry items | Oil, sugar, unsalted butter, pepper, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer

1



Cook rice

- Before starting, wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors.)

3



Sear chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium-high.
- While pan heats, pat **chicken** dry with paper towels. Season with **Cumin-Turmeric Spice Blend**, **salt** and **pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear, flipping once, until golden, 2-3 min per side.
- Transfer **chicken** to a plate. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step.)

4



Cook veggies

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **onions**, **peppers** and **peas**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 3-5 min.
- Sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.

5



Finish curry

- Add **chicken** and **any juices** from the plate to the pan with **veggies**. Stir to mix.
- Add **curry paste**, **tomato sauce base**, **stock powder**, **½ tsp** (1 tsp) **sugar** and **1 ½ cups** (3 cups) **water**.
- Bring to a boil over high, then reduce heat to medium. Cook, stirring occasionally, until **curry** thickens slightly and **chicken** is cooked through, 4-5 min.**

6



Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to **curry**. Season with **salt** and **pepper**. Cook, stirring often, until **butter** melts, 1 min.
- Fluff **rice** with a fork, then add **spinach**. Stir until wilted, 1 min.
- Divide **rice** between bowls.
- Top with **curry**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Sear chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch -wide strips, then prep and cook in the same way the recipe instructs you to prep and cook **chicken breast tenders**.

3 | Sear tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** the same way the recipe instructs you to season **chicken**. Cook for 6-7 min, turning occasionally, until crispy and browned all over.

3 | Sear chicken

✖2 Double | **Chicken Breast Tenders**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.