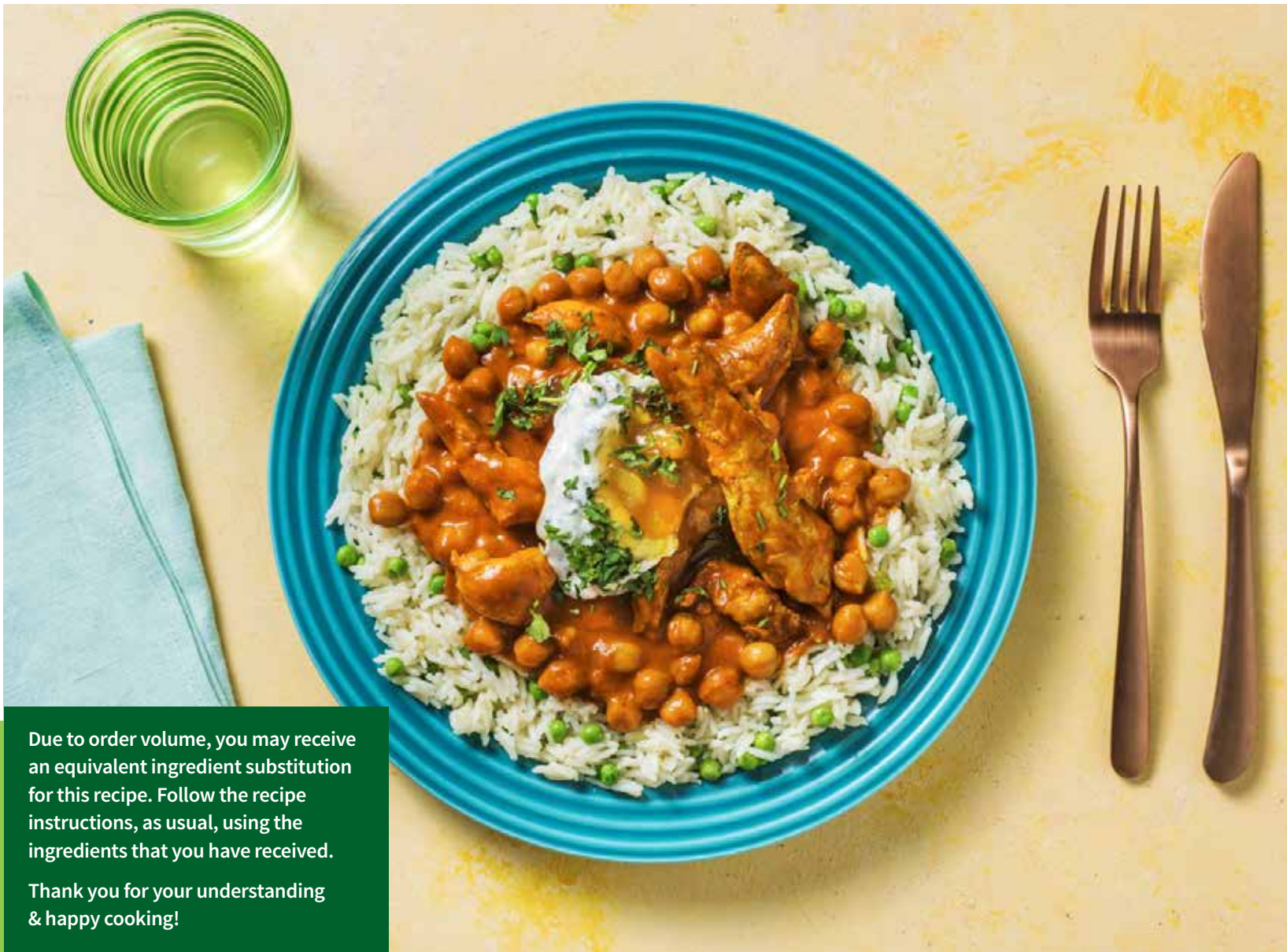




Indian Chicken and Chickpea Curry

on Buttery Pilau Rice with Yogurt and Mango Chutney

20-MIN



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Tenders



Basmati Rice



Chickpeas



Indian Spice



Coconut Milk



Red Onion, chopped



Greek Yogurt



Tomato Sauce



Cilantro



Mango Chutney



Green Peas

HELLO MANGO CHUTNEY

A dollop of chutney helps to cut through the rich curry!

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.
- Add 1 ¼ cups water (dbl for 4ppl) in a medium pot. Cover and bring to a boil over high heat.

Bust Out

Large Non-Stick Pan, Baking Sheet, Measuring Cups, Aluminum Foil, Paper Towels, Small Bowl, Medium Pot, Measuring Spoons

Ingredients

| | 2 Person | 4 Person |
|--------------------|----------|----------|
| Chicken Tenders | 340 g | 680 g |
| Basmati Rice | ¾ cup | 1 ½ cup |
| Chickpeas | 370 ml | 740 ml |
| Indian Spice | 2 tbsp | 4 tbsp |
| Coconut Milk | 165 ml | 400 ml |
| Red Onion, chopped | 56 g | 113 g |
| Greek Yogurt | 100 g | 200 g |
| Tomato Sauce | 4 tbsp | 8 tbsp |
| Cilantro | 7 g | 14 g |
| Mango Chutney | 2 tbsp | 4 tbsp |
| Green Peas | 56 g | 113 g |
| Unsalted Butter* | 1 tbsp | 2 tbsp |
| Sugar* | ¼ tsp | ½ tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. COOK RICE

Add the **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. When **rice** is done, remove from heat, add **peas** and cover. Set aside.



4. PREP

Roughly chop **cilantro**. Stir together **yogurt**, **half the cilantro** and **¼ tsp sugar** (dbl for 4ppl) in a small bowl. Season with **salt** and **pepper**.



2. BROIL CHICKEN

Pat **chicken** dry with paper towels. Toss **chicken** with **half the Indian spice** and **1 tbsp oil** (dbl for 4ppl) on a foil-lined baking sheet. Season with **salt** and **pepper**. Broil in the **middle** of the oven, tossing halfway, until cooked through, 8-10 min.**



5. FINISH CURRY

When **chicken** is done, add to pan with **curry** and stir to combine.



3. MAKE CURRY

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **onions**. Cook, stirring occasionally, until tender, 3-4 min. Add **tomato sauce** and **remaining Indian spice**. Cook, stirring often, until fragrant, 30 sec. Add **coconut milk**, **chickpeas** (including liquid from can) and **½ cup water** (¾ cup for 4ppl). Cook, stirring often, until **curry** thickens slightly, 4-5 min.



6. FINISH & SERVE

Fluff **rice** and **peas** with a fork. Stir in **1 tbsp butter** (dbl for 4ppl) until melted. Season with **salt**. Divide **rice** between plates and top with **chicken** and **chickpea curry**. Spoon over **cilantro yogurt** and **mango chutney**. Sprinkle with **remaining cilantro**.

Dinner Solved!