



Bhuna-Style Chicken Curry

with Basmati Rice

Family Friendly

25-35 Minutes



Chicken Thighs



Chicken Breast



Yellow Onion



Basmati Rice



Green Bell Pepper



Green Curry Paste



Ginger-Garlic Puree



Crispy Shallots



Crushed Tomatoes

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO GREEN CURRY PASTE

A warming blend of sweet, aromatic and zesty spices!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs*	280 g	560 g
Crushed Tomatoes	370 ml	740 ml
Yellow Onion	113 g	226 g
Basmati Rice	¾ cup	1 ½ cups
Green Bell Pepper	200 g	400 g
Green Curry Paste	2 tbsp	4 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Crispy Shallots	28 g	56 g
Unsalted Butter*	2 tbsp	4 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.

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

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.

Contact

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Cook rice

- Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) 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 the pot from heat. Set aside, still covered.



Start curry

- Heat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook stirring often, until **veggies** soften slightly, 2-3 min.
- Season with **salt** and **pepper**.
- Add **ginger-garlic puree**. Cook, stirring often, until fragrant, 1 min.



Prep

- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.



Finish curry

- Add **curry paste**, **chicken** (and any juices from the plate), **crushed tomatoes** and **¼ cup water** (dbl for 4 ppl).
- Bring to a simmer, then reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly and **chicken** is cooked through, 4-5 min.**
- Add **2 tbsp butter** and **¼ tsp sugar** (dbl both for 4 ppl).
- Season with **salt** and **pepper**, to taste.



Prep and sear chicken

- Pat **chicken** dry with paper towels.
- Cut **chicken** into 1-inch pieces. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring often, until golden-brown all over, 3-4 min.
- Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 5.)

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish and serve

- Fluff the **rice** with a fork.
- Divide **rice** between bowls. Top with **curry**.
- Sprinkle **crispy shallots** over top.

Dinner Solved!