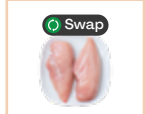




Karahi-Inspired Curry Chicken

with Golden Tomato-Pepper Gravy and Spinach Rice

30 Minutes



Chicken Breasts ⁺
2 | 4

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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 Tenders ⁺
310 g | 620 g



Basmati Rice
¾ cup | 1 ½ cup



Baby Spinach
28 g | 56 g



Green Peas
56 g | 113 g



Yellow Onion
1 | 2



Roasted Pepper Pesto
¼ cup | ½ cup



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 | Unsalted butter*, sugar*, oil*, salt*, pepper*

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

1



Cook rice

• Before starting, wash and dry all produce.

- 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.
- Roughly chop **spinach**.

3



Sear chicken

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high heat.
- While pan heats, pat **chicken** dry with paper towels.
- On a clean cutting board, cut into 1-inch thick strips. Season with **Cumin-Turmeric Spice Blend**, **salt** and **pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear, flipping once until golden brown, 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



Start curry

- Reheat the same pan over medium-low.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **onions** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until tender and golden-brown, 4-5 min.
- While **onions** cook, use scissors to cut any large **chicken** pieces on the plate into 1-inch pieces.

5



Finish curry

- Add **chicken**, as well as any juices from the plate, **peas** and **Cream Sauce Spice Blend**, to pan with **onions**. Stir to coat.
- Add **curry paste**, **tomato sauce base**, **veggie 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 **roasted pepper pesto** and **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

3 | Sear chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, pat dry with paper towels. On a clean cutting board, cut into 1-inch thick strips, then prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken tenders****

* 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.



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