



One-pot Curried Chicken Rice

with peas and mint raita

30 – 35 mins

9



Rice



Diced Chicken Breast



Korma Curry Paste



Yoghurt



Mint



Carrot



Stock



North Indian Style Spice Mix



Cashew Nuts



Peas

Pantry Items: Salt, Water, Oil, Pepper



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Rice	150 g	300 g
Diced Chicken Breast	260 g	520 g
Korma Curry Paste	1 sachet	2 sachets
Yoghurt	150 g	300 g
Mint	5 g	10 g
Carrot	1 unit	2 units
Stock	1 sachet	2 sachets
North Indian Style Spice Mix	2 sachets	4 sachets
Cashew Nuts	10 g	20 g
Peas	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	462.8 g	100 g
Energy (kJ/kcal)	2748.9 kJ/ 657 kcal	594 kJ/ 142 kcal
Fat (g)	15.4 g	3.3 g
Sat. Fat (g)	4.2 g	0.9 g
Carbohydrate (g)	84.8 g	18.3 g
Sugars (g)	16.7 g	3.6 g
Protein (g)	47.4 g	10.2 g
Salt (g)	3.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Get Prepped

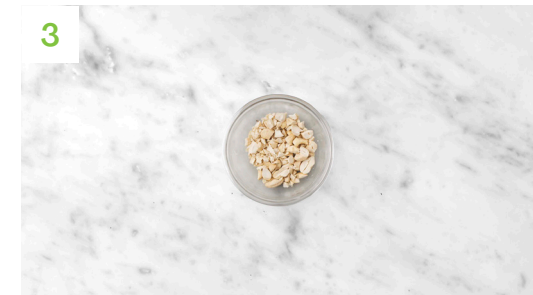
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.



Brown the Chicken

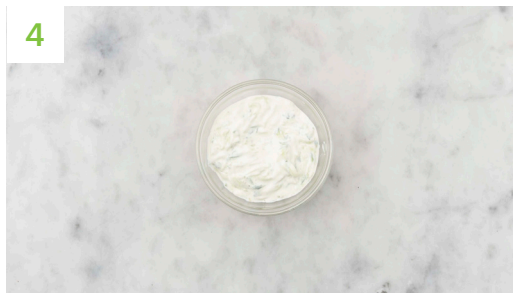
- Place a large pot with a tight-fitting lid over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **carrot** and season with **salt** and **pepper**.
- Fry until the **chicken** is golden brown on the outside, 4-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



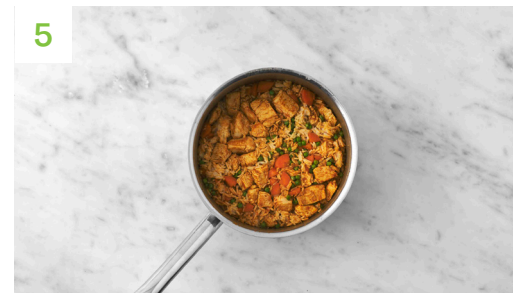
Add Some Spice

- Add the **North Indian spice mix** and **korma curry paste** and fry until fragrant, 1-2 mins.
- Add the **peas** and **rice** to the pot and mix well to combine.
- Pour in 400ml **water** and ½ tsp **salt** (double both for 4p) along with the **stock**.
- Cover and cook for 10 mins.
- Remove the pot from the heat and keep covered for another 10 mins.



Make the Mint Raita

- Meanwhile, pick the **mint** leaves from their stalks and roughly chop (discard the stalks).
- Mix with the **yoghurt**.
- Season to taste with **salt** and **pepper**.



Finishing Touches

- Once ready, fluff up the **rice** with a fork. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **cashews**.



Garnish and Serve

- Divide your one-pot curried **chicken rice** between plates or bowls.
- Scatter the **cashews** over the top.
- Serve the cooling **mint raita** alongside.

Enjoy!