



# Creamy Cashew Chicken

with peas and fragrant pilau rice

20 – 25 mins • Equipment needed

6



Diced Irish Chicken Breast



Rice



Cashew Nuts



North Indian Style Spice Mix



Passata



Ground Turmeric



Coriander



Onion



Creme Fraiche



Stock



Dried Chilli Flakes



Peas



Diced Chicken

Pantry Items: Salt, Oil, Pepper, Water, Sugar,



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## 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.

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

## Cooking tools you will need

Blender, pot with lid

## Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Rice	150 g	300 g
Cashew Nuts	20 g	40 g
North Indian Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Ground Turmeric	1 sachet	2 sachets
Coriander	5 g	10 g
Onion	1 unit	2 units
Creme Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Peas	120 g	240 g
Diced Chicken	520 g	1040 g

## Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	642 kJ / 154 kcal	606 KJ / 145 kcal
Fat (g)	4.6 g	3.8 g
Sat. Fat (g)	2 g	1.7 g
Carbohydrate (g)	18 g	14.4 g
Sugars (g)	3.4 g	2.8 g
Protein (g)	9.2 g	12.3 g
Salt (g)	0.4 g	0.2 g

See site or app for detailed nutritional info.

## Allergens

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

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## 1 Make the Pilau

- Place a pot over medium-high heat with 300ml **water** (per 2P), **turmeric** and **stock**.
- Bring to the boil then add the **rice**.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 4 Simmer the Sauce

- Add the **onion** to the pan and fry until softened, 3-4 mins. Season with **salt** and **pepper**.
- Blend **cashews**, **creme fraiche** and 25ml **water** (per 2P).
- Add **North Indian spice** and **chilli flakes** to the pan. Cook until fragrant, 1 min.
- Pour in **cashew** mixture, **passata**, ½ tsp **sugar** (per 2P) and a knob of **butter**.
- Cook for 5-7 mins.  
**IMPORTANT:** Chicken is cooked when no longer pink in the middle.

**TIP:** No blender? No problem! Finely chop the cashews instead!



## 2 Cook the Chicken

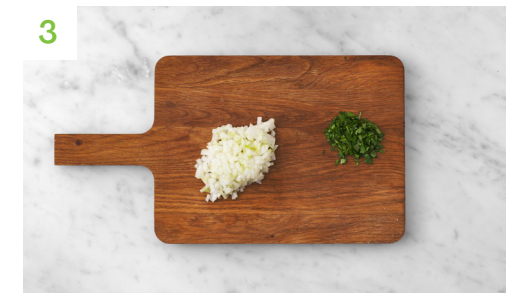
- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and season with **salt** and **pepper**.  
**IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Fry until golden brown on the outside, 5-7 mins.

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



## 5 Warm the Peas

- In the final 1 min of cooking, stir through the **peas** to warm through.
- Add a splash of **water** if the sauce is too thick. Taste the curry and season with **salt**, **pepper** and **sugar**.



## 3 Prep the Veg

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Roughly chop the **coriander** (stalks and all).



## 6 Garnish and Serve

- Fluff up the pilau **rice** with a fork and serve alongside the creamy **chicken** curry.
- Finish with a sprinkling of **coriander**.

**Enjoy!**