

Mild Chicken Cashew Curry

with Naan and Carrot Salad

hellóchef

We've kept this one mild and creamy for the whole family to enjoy!

Cals 1015 • Prot 73 • Carbs 158 • Fat 18

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🕒 cook: 35 min

R2881



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Cashew nuts 1* , 2*	30	40	60	Grams
Brown onion	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	20	30	40	Grams
Curry powder	5	8	10	Grams
Smoked paprika powder	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Chicken stock cube 4* , 5* , 9* , 15*	1	1	2	Piece
Water	200	300	400	ML
Honey	15	15	30	Grams
Tomato paste	70	70	140	Grams
Cream cheese 4*	20	40	40	Grams
Sides				
Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
Tandoori naan 4* , 10*	2	3	4	Piece
Salad				
Fresh coriander	15	30	30	Grams
Carrot	1	2	2	Piece
Golden raisins 14*	30	45	45	Grams
Lime	1	2	2	Piece

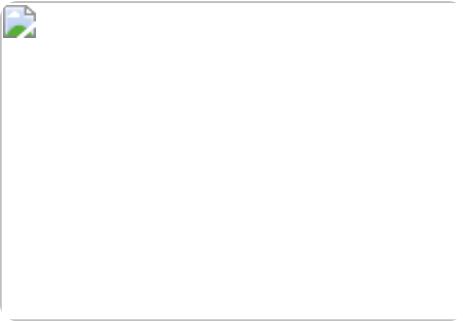
Allergens

***1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *14 Sulphur Dioxide**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

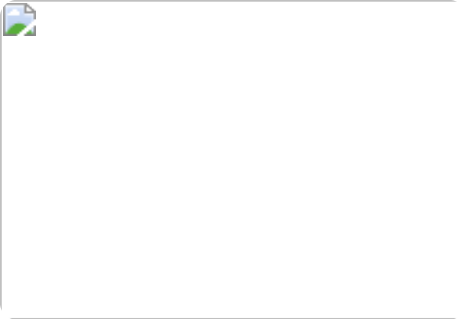
Nutritional information	Per Serving*
Energy (kJ/kcal)	4253 / 1015
Fat (g)	17.7
of which saturates (g)	5.6
Carbohydrate (g)	158
of which sugars (g)	28.6
Fiber (g)	10.4
Protein (g)	72.5
Salt (g)	6.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



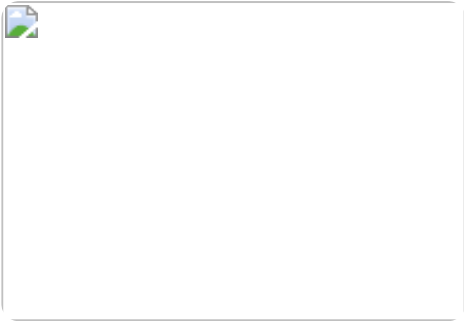
1 Boil rice

Preheat the oven to 200°C/180°C fan. Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



4 Simmer

Add the **chicken stock cube**, **measured water**, **honey** and **tomato paste** to the pan and simmer for 10 min or until the **chicken** is cooked through. Meanwhile, place the **naan** on a baking tray and heat in the hot oven for 5 min or until warmed through. Keep warm.



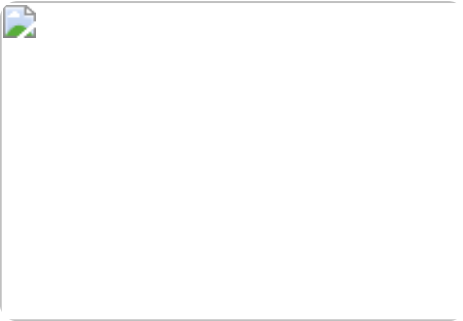
2 Prep

Meanwhile, place the **cashew nuts** in a small bowl and cover with boiling water. Set aside. Peel and finely chop the **onion**. Finely chop the **coriander**. Chop the **chicken** into bite-sized pieces.



5 Make salad

Peel and grate the **carrots**. Place the **carrots**, **raisins** and **coriander** leaves in a bowl and season generously with the **lime** juice. Place the **naan** onto a baking tray and heat in the hot oven for 5 min or until warmed through. Keep warm.



3 Fry

Heat a large pan over a medium heat with a drizzle of **oil**. Fry the **onion** with a pinch of **salt** for 3 min until soft. Add the **chicken** and fry for 5 min. Add the **ginger garlic paste**, **coriander** stems, **curry powder**, **smoked paprika** and **turmeric** and fry for 1 min further.



6 Grind cashews

Drain the **cashew nuts**. Grind the **cashew nuts** to a smooth **paste** in a pestle and mortar or in a food processor. Add the ground **cashew nuts** and **cream cheese** to the **curry**, simmer for 2 min further. Serve the **curry** over the **rice** with the **naan** and **carrot salad** on the side.