

Butter Chicken Curry

with Basmati Rice and Naan Bread

hellóchef

Quicker, healthier and tastier than a take-away!

Cals 1131 • Prot 69 • Carbs 147 • Fat 35

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🕒 cook: 35 min

R3365



Before you start

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

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Ginger garlic paste	20	30	40	Grams
Lemon	1	1	1	Piece
Coriander cumin powder	4	8	8	Grams
Garam masala	2	5	5	Grams
Turmeric powder	2	2	4	Grams
Chilli powder	2	2	4	Grams
Natural yogurt 4*	170	170	170	Grams
Curry				
Ghee 4*	20	20	30	Grams
Tomato passata	200	400	500	Grams
Cooking cream 4*	100	200	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Brown sugar	5	5	10	Grams
Salt	0.5	0.5	1	Tsp
Sides				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
Carrot	1	1	2	Piece
Fresh coriander	15	15	30	Grams
Nigella seeds 3*, 13*	5	5	10	Grams
Salt	0.5	0.5	1	Tsp
Lime	1	2	2	Piece
Tandoori naan 4*, 10*	2	3	4	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds, *13 Mustard, *10 Wheat

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)	4734 / 1131
Fat (g)	35.2
of which saturates (g)	19.4
Carbohydrate (g)	147
of which sugars (g)	23.2
Fiber (g)	9.8
Protein (g)	68.8
Salt (g)	5.4

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



1 Marinate

Chop the **chicken**. Combine the **chicken**, **ginger garlic paste**, {2/3/4} Tbsp of **lemon** juice, **coriander cumin powder**, **garam masala**, **turmeric** and a pinch of **chilli powder (spicy!)** in a bowl. Add {100/100/170} g of **natural yogurt** and mix well. Marinate for at least 15 min, preferably for a few hours or overnight in the fridge.

Tip! If cooking for kids, reserve some chicken separately without the marinade and set aside.



2 Boil rice

Once the **chicken** has marinated for long enough, add the **basmati rice**, the **measured water** and a pinch of **salt** to a pot with a lid and bring to the 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. Remove the pot from the heat and keep covered until serving.



3 Fry chicken

Meanwhile, heat a pan over a medium-high heat with the **ghee**. Once hot, remove the **chicken** chunks from the **marinade** (don't shake off the excess) and add them to the pan. Discard the leftover **marinade**. Fry the **chicken** for 3 min.

Tip! If cooking for kids, cook the reserved chicken separately and set aside, before adding the remaining marinated chicken.



4 Simmer

Add the **tomato passata**, **cooking cream**, {0.5/0.5/1} **stock cube** and **brown sugar**. Reduce the heat to low, cover and simmer (don't boil!) for 10-15 min. Add a splash of **water** if the sauce looks too thick. Season with **salt** to taste.



5 Prep sides

Meanwhile, grate the **carrot**. Pick the **coriander** leaves. Add both to a bowl with the **nigella seeds**, a pinch of **salt** and a squeeze of **lime** juice. This is your **salad**. Warm the **naan** in a microwave or in a hot oven.

Tip! If cooking for kids, keep a portion of the grated carrots plain and set aside before tossing with the nigella, lime and coriander.



6 Serve

Serve the **butter chicken** over the cooked **basmati rice**. Serve the **salad** and **naan** bread to the side.

Tip! Serve the plain chicken pieces without the sauce. Then add the rice, naan and carrots separately. Serve the curry sauce and nigella seeds on the side.