# Butter Chicken Curry

## with Basmati Rice and Naan Bread

Quicker, healthier and tastier than a take-away!

hellochef

Cals 1125 • 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*** | 0.5 | 0.5 | 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) | 4708 / 1125 |
| Fat (g) | 34.8 |
| of which saturates (g) | 19 |
| Carbohydrate (g) | 147 |
| of which sugars (g) | 23.2 |
| Fiber (g) | 9.8 |
| Protein (g) | 68.8 |
| Salt (g) | 4.2 |

*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.