

Indian Spiced Chicken Curry

with Pilau Cauliflower Rice and Raita

hellóchef

Enjoy this mildly spiced chicken curry over fragrant cauliflower rice served with a cooling raita.

Cals 595 • Prot 60 • Carbs 39 • Fat 24

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🕒 cook: 30 min

R3427



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	600	800	Grams
Garam masala	2	2	5	Grams
Ginger garlic paste	10	15	20	Grams
Curry powder	4	5	8	Grams
Chilli powder	2	2	2	Grams
Smoked paprika powder	2	4	4	Grams
Coriander cumin powder	4	4	8	Grams
Red onion	1	1	2	Piece
Tomatoes	1	1	2	Piece
Vegetable oil	1	2	2	Tbsp
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Tomato paste	30	50	70	Grams
Water	100	200	200	ML
Honey	15	15	30	Grams
Cooking cream 4*	100	100	200	ML

Pilau				
Cauliflower	400	600	800	Grams
Cardamom pods	4	4	4	Piece
Vegetable oil	1	1	2	Tbsp
Butter 4*	10	20	20	Grams
Dried bay leaves	1	1	1	Piece
Turmeric powder	2	4	4	Grams
Water	20	30	30	ML

Raita				
Natural yogurt 4*	170	170	340	Grams
Fresh coriander	15	15	15	Grams
Cucumber	1	1	2	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

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)	2476 / 595
Fat (g)	23.5
of which saturates (g)	14.6
Carbohydrate (g)	39
of which sugars (g)	21.9
Fiber (g)	8.8
Protein (g)	60.4
Salt (g)	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 chicken

In a bowl, combine 50/75/100g **yogurt** (reserve the rest) with the **garam masala, ginger garlic paste, curry powder**, a pinch of **chilli powder (spicy!)**, **smoked paprika** and the **coriander cumin powder**. Chop the **chicken** into bite-sized pieces and add it to the bowl. Toss. Set aside.

Tip! Marinate the chicken up to 24 hours in advance.



2 Prep

Peel and finely chop the **onion**. Roughly, chop the **tomatoes**. Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Crush the **cardamom** with the back of a knife.



3 Cook chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **tomatoes, tomato paste** and **chicken** along with the **yogurt marinade**. Fry for 5 min. Add the **measured water**, crumbled **stock cube**, **honey** and **cream**. Simmer for 10 min.



4 Pilau rice

Meanwhile, heat a second non-stick pan with a lid over a medium heat with a drizzle of **vegetable oil** and the **butter**. Once hot, add the **cardamom, bay leaves** and **turmeric**. Fry for 2 min. Add the **cauliflower** with a pinch of **salt** and a splash of **water**. Stir. Cook, covered, for 5 min or until the **cauliflower** is tender. Set aside.



5 Raita

Meanwhile, finely chop the **coriander** and grate the **cucumber**. In a bowl, combine the remaining **yogurt** and **coriander** with the **cucumber**.



6 Serve

Divide the **pilau cauliflower rice** amongst plates. Top with the **chicken curry** and serve the **raita** alongside.