

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 594 • Prot 55 • Carbs 39 • Fat 25

Calorie Smart • Low-Carb

🕒 30 min

R5



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	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	0.5	1	1	Piece
Tomatoes	1	1	2	Piece
Vegetable oil	1	2	2	Tbsp
Chicken stock cube	1	1	2	Piece
Tomato paste	30	50	70	Grams
Water	100	150	200	ML
Honey	15	15	30	Grams
Cooking cream	100	100	200	ML

Sides				
Cauliflower	400	600	800	Grams
Cardamom pods	4	4	4	Piece
Vegetable oil	1	1	2	Tbsp
Salted butter	10	20	20	Grams
Dried bay leaves	1	1	1	Piece
Turmeric powder	2	4	4	Grams
Water	20	30	30	ML
Natural yogurt	170	170	340	Grams
Fresh coriander	15	15	15	Grams
Cucumber	1	1	2	Piece

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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. Set aside.



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 **onions** and fry for 5 min. Add the **tomatoes**, **stock cube**, **tomato paste** and **chicken** (don't shake off any excess **yogurt**). Fry for 5 min. Add the **measured water**, **honey** and **cream**. Simmer for 10 min.



4 Pilau

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

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** amongst plates. Top with the **chicken curry** and serve the **raita** alongside.



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Pro Tip

Marinate the chicken up to 24 hours in advance.

Tips For Fussy Eaters

Use basmati rice instead of cauliflower for the pilau.