



Mild Coconut Chicken & Baby Broccoli Curry

with Couscous & Roasted Cashews

KID FRIENDLY

Grab your Meal Kit with this symbol



Couscous



Capsicum



Baby Broccoli



Chicken Thigh



Tomato Paste



Sri Lankan Spice Blend



Chicken-Style Stock Powder



Coconut Milk



Baby Leaves



Spring Onion



Crushed Roasted Cashews



Chicken Thigh

Recipe Update

We've replaced the basmati rice in this recipe with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Ready to make restaurant-worthy chicken curry in your own kitchen in just about 25 minutes? It's as easy as: 1. Brown your chicken. 2. Simmer it in a creamy sauce laced with aromatic Sri Lankan spices and umami-packed tomato paste. 3. Spoon it all over fluffy couscous with fresh herbs and crunchy cashews. Oh, and how could we forget 4. Dig the heck in!

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
baby broccoli	½ medium bunch	1 medium bunch
spring onion	1 stem	2 stems
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
couscous	1 large packet	2 large packets
boiling water*	1½ cups	3 cups
tomato paste	½ packet	1 packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
chicken-style stock powder	1 large sachet	2 large sachets
coconut milk	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
crushed roasted cashews	1 packet	2 packets
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3291kJ (786Cal)	692kJ (165Cal)
Protein (g)	47.7g	10g
Fat, total (g)	43.1g	9.1g
- saturated (g)	20.9g	4.4g
Carbohydrate (g)	87.2g	18.3g
- sugars (g)	11.4g	2.4g
Sodium (mg)	1456mg	306mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4122kJ (985Cal)	649kJ (155Cal)
Protein (g)	76.3g	12g
Fat, total (g)	55.7g	8.8g
- saturated (g)	24.8g	3.9g
Carbohydrate (g)	88g	13.8g
- sugars (g)	11.5g	1.8g
Sodium (mg)	1573mg	248mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW13



1



Get prepped and cook the chicken

- Boil the kettle. While the rice is cooking, thinly slice **capsicum**. Cut **baby broccoli (see ingredients)** into thirds. Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned, **5-6 minutes**.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've doubled your chicken thigh, cook in batches for best results.

3



Make the sauce

- Reduce heat to medium-high, then add a drizzle of **olive oil** and cook **capsicum** and **baby broccoli** until just tender, **5-6 minutes**.
- Add **tomato paste (see ingredients)** and **Sri Lankan spice blend** and cook until fragrant, **1 minute**.
- Add **chicken-style stock powder**, **coconut milk**, the **honey** and a splash of **water**. Simmer until the sauce has thickened slightly, **3-4 minutes**.
- Stir in **baby leaves** until just wilted, **1 minute**. Season to taste.

Custom Recipe: Return all chicken to pan before reducing heat.

2



Cook the couscous

- Meanwhile, place **couscous** in a medium heatproof bowl.
- Add the **boiling water (see ingredients)** and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and season to taste and set aside.

4



Serve up

- Divide couscous between bowls. Top with mild Sri Lankan chicken curry.
- Garnish with spring onion and **crushed roasted cashews** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnishes!

Rate your recipe

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