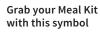


# Mild Coconut Chicken & Baby Broccoli Curry

with Rice & Roasted Cashews

**KID FRIENDLY** 









Jasmine Rice





Capsicum

Baby Broccoli

Spring Onion





Chicken Breast

Tomato Paste



Sri Lankan Spice Blend Chicken-Style Stock Powder



1

Coconut Milk

Baby Leaves



Crushed Roasted Cashews

**Pantry items** 

Olive Oil, Honey



Recipe Update

We've replaced the coriander in this recipe with spring onion 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





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

over fluffy rice with spring onion and crunchy cashews. Oh, and how could we forget 4. Dig the heck in!

Ready to make restaurant-worthy chicken masala 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

AM

## 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  $\cdot$  Large frying pan

### Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
baby broccoli	1/2 medium bunch	1 medium bunch
spring onion	1 stem	2 stems
chicken breast	1 medium packet	2 medium packets OR 1 large packet
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 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

#### \*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2964kJ (708Cal)	651kJ (156Cal)
Protein (g)	41.1g	9g
Fat, total (g)	41.2g	9g
- saturated (g)	20.6g	4.5g
Carbohydrate (g)	78.2g	17.2g
- sugars (g)	9.5g	2.1g
Sodium (mg)	1456mg	320mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3796kJ (907Cal)	617kJ (147Cal)
Protein (g)	69.7g	11.3g
Fat, total (g)	53.8g	8.7g
- saturated (g)	24.5g	4g
Carbohydrate (g)	79g	12.8g
- sugars (g)	9.6g	1.6g
Sodium (mg)	1573mg	256mg

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 | CW15



# Cook the rice

- In a medium saucepan, add the **water** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek! **Little cooks:** Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!



### Make the curry

- Return pan to medium-high with a drizzle of **olive oil**. 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 adding capsicum and baby broccoli.



- Divide jasmine rice between bowls. Top with mild coconut chicken curry.
- Garnish with spring onion and crushed roasted cashews to serve. Enjoy!

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

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# Cook the chicken

- While the rice is cooking, thinly slice **capsicum**. Cut **baby broccoli** into thirds. Thinly slice **spring onion**. Cut **chicken breast** 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 and cooked through (when no longer pink inside), 5-6 minutes.

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

