



Mild Coconut Chicken & Baby Broccoli Curry

with Rice & Roasted Cashews

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Capsicum



Baby Broccoli



Spring Onion



Chicken Breast



Tomato Paste



Sri Lankan Spice Blend



Chicken-Style Stock Powder



Coconut Milk



Baby Leaves



Crushed Roasted Cashews



Chicken Breast

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

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 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 over fluffy rice with spring onion 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
baby broccoli	½ 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



1



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!

3



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.

2



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.

4



Serve up

- 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!

Rate your recipe

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