# One-Pot Coconut Chicken & Veggie Curry

## with Rapid Rice & Flatbreads

HIGHEST RATED | KID FRIENDLY

Grab your meal kit with this number **43**


Carrot


Celery


Garlic


Chicken Thigh


Mumbai Spice Blend


Mild North Indian Spice Blend


Coconut Milk


Chicken-Style Stock Powder


Baby Leaves


Flatbreads


Microwavable Basmati Rice

+

Chicken Thigh

+

Peeled Prawns

**Prep in:** 20-30 mins
**Ready in:** 30-40 mins

**Eat Me Early**

**Calorie Smart**

Enjoy this sunset in a bowl. We're talking glowing curry brimming with all your fave veggies and chicken. The hint of coconut gives it a touch of sunny flavour and you can soak it all up with fluffy flatbreads, perfect for dipping.

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Large saucepan · Oven tray lined with baking paper

## Ingredients

| | 2 People | 4 People |
|---|---|---|
| ***olive oil**** | refer to method | refer to method |
| carrot | 1 | 2 |
| celery | 1 stalk | 2 stalks |
| garlic | 2 cloves | 4 cloves |
| chicken thigh | 320g | 640g |
| Mumbai spice blend | 1 medium sachet | 2 medium sachets |
| mild North Indian spice blend | 1 medium sachet | 1 large sachet |
| coconut milk | 1 medium packet | 2 medium packets |
| ***water**** | ½ cup | 1 cup |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| baby leaves | 1 medium packet | 1 large packet |
| flatbreads | 2 | 4 |
| microwavable basmati rice | 1 packet | 2 packets |

****Pantry Items***

## Nutrition

| Avg Qty | Per Serving | Per 100g |
|---|---|---|
| Energy (kJ) | 3000kJ (717Cal) | 463kJ (111Cal) |
| Protein (g) | 42g | 6.5g |
| Fat, total (g) | 39.8g | 6.1g |
| - saturated (g) | 20.1g | 3.1g |
| Carbohydrate (g) | 81.9g | 12.6g |
| - sugars (g) | 8g | 1.2g |
| Sodium (mg) | 1950mg | 301mg |
| Dietary Fibre (g) | 6.8g | 1g |

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

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** into half-moons.
- Thinly slice **celery**.
- Finely chop **garlic**.
- Cut **chicken thigh** into 2cm chunks.

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## Cook the chicken & veggies

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing occassionally, for **5-6 minutes**. Add **carrot** and **celery**, then cook, until softened, **3-4 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend** and **garlic**. Cook until fragrant, **1 minute**.
- Add **coconut milk**, the **water** and **chicken-style stock powder**, then bring to the boil.

**Little cooks:** *Kids can help by measuring the water!*

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## Simmer the curry

- Reduce heat to medium-low, then simmer until veggies are tender and chicken is cooked through, **5-8 minutes**.
- When the chicken has **3 minutes** remaining, add **baby leaves** and cook until just wilted.
- Meanwhile, place **flatbreads** on a lined oven tray. Drizzle each with **olive oil** and season with **salt**. Bake until warmed through, **4-7 minutes**.

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

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## Finish & serve

- Microwave **basmati rice** until steaming, **2-3 minutes**.
- Divide coconut chicken and veggie curry between bowls.
- Serve with rapid rice and flatbreads. Enjoy!

**Little cooks:** *Help warm the rice with oven gloves and under adult supervision. Be careful, the packet can get hot!*

**CUSTOM OPTIONS**

**CHICKEN THIGH:**
Follow method above, cooking in batches if necessary.

**PEELED PRAWNS:**
Before cooking veggies, cook prawns, until pink and starting to curl up, 3-4 minutes.

**SCAN CODE FOR FULL STEPS AND NUTRITION INFO**