















Sri Lankan Chicken & Veggie Curry



with Basmati Rice & Toasted Coconut


Grab your Meal Kit with this symbol



Keep an eye out...
 Due to recent sourcing challenges, we've replaced orange kumara with red kumara, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Red Kumara
-  Carrot
-  Basmati Rice
-  Ginger
-  Garlic
-  Brown Onion
-  Chicken Thigh
-  Shredded Coconut
-  Tomato Paste
-  Sri Lankan Spice Blend
-  Coconut Milk
-  Chicken-Style Stock Powder
-  Baby Spinach Leaves
-  Long Green Chilli (Optional)

 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**  Spicy (optional long green chilli)

 Eat me early

This colourful curry has everything you never knew you needed - with tender chicken breast mixed with flavourful spices, creamy coconut and veggies, it's the ultimate in Sri Lankan-style cuisine.

Pantry items
 Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	1 (medium)	1 (large)
carrot	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	1 packet
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
chicken thigh	1 packet	1 packet
shredded coconut	½ sachet	1 sachet
tomato paste	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
Sri Lankan spice blend	1 sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the curry)	½ cup	½ cup
chicken-style stock powder	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
long green chilli (optional)	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3904kJ (933Cal)	596kJ (142Cal)
Protein (g)	43.3g	6.6g
Fat, total (g)	35.9g	5.5g
- saturated (g)	20.3g	3.1g
Carbohydrate (g)	103.8g	15.9g
- sugars (g)	19.8g	3g
Sodium (mg)	1986mg	303mg

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.



1 Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red kumara** and **carrot** (both unpeeled) into 1cm wedges. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



2 Cook the rice

While the veggies are roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



3 Get prepped

While the rice is cooking, finely grate the **ginger** and **garlic**. Roughly chop the **brown onion**. Cut the **chicken thigh** into 2cm chunks. Heat a large frying pan over a medium-high heat. Add the **shredded coconut** (see ingredients) and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



4 Start the curry

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle more **olive oil** if needed. Cook the **onion** until softened, **4-5 minutes**. Add the **tomato paste**, **brown sugar**, **ginger**, **garlic** and **Sri Lankan spice blend** and cook until fragrant, **1-2 minutes**.



5 Finish the curry

Reduce the heat to medium, then add the **coconut milk**, **water (for the curry)** and **chicken-style stock powder** to the **curry base** and cook until thickened, **3 minutes**. Remove from the heat, then return the **chicken** to the pan and stir through the **baby spinach leaves** until wilted, **1 minute**. Add a generous splash of **water** and gently stir through the roasted **veggies**. Season to taste.



6 Serve up

Thinly slice the **long green chilli** (if using). Divide the basmati rice between bowls, then top with the Sri Lankan chicken and veggie curry. Garnish with the toasted coconut and chilli.

Enjoy!