



Chicken Coconut Curry with Flatbreads & Carrot Salad

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

KID FRIENDLY

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3309kJ (790Cal) | Protein 49.3g | Fat, total 39.2g - saturated 18.3g | Carbohydrate 100.9g - sugars 15.5g | Sodium 1657mg
The quantities provided above are averages only.

We're here to help! Scan here
2023 | WK29 | U



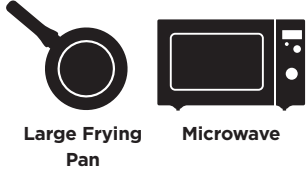
Get ready

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'll need

(along with the basics)



From the pantry



From the cool pouch

	2P	4P
Chicken Breast Strips	1 pkt	1 pkt

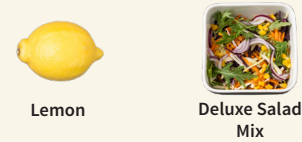
Allergens

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. Sizzle



2. Toss



3. Zap



- Grate the **carrot**. Heat **olive oil** in frying pan over high heat
- Cook **chicken**, turning, until browned and cooked through, **6-7 mins**
- Add **garlic paste**, **mild North Indian spice blend** and **curry paste** and cook until fragrant, **1-2 mins**
- Add **coconut milk** and simmer until slightly thickened, **1 min**. Season

- Meanwhile, cut **lemon** into wedges
- In a bowl, combine **deluxe salad mix**, **carrot**, a squeeze of **lemon juice** and a drizzle of **oil**. Season and toss

- Microwave **rice** and **flatbreads** separately, until steaming, **2-3 mins**
- Plate up **rice** and **chicken curry**. Tear over **parsley**
- Serve with **salad**, **flatbreads** and remaining **lemon** wedges



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