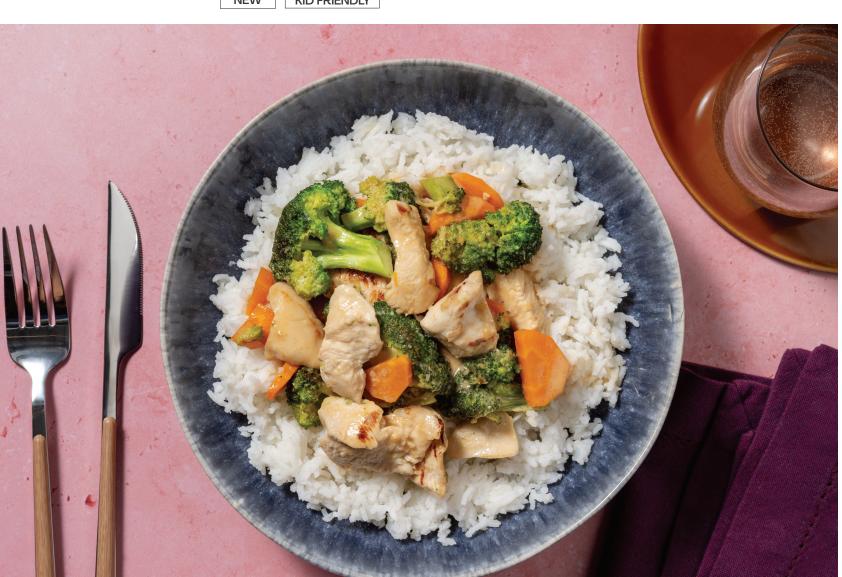


Quick Southeast Asian-Style Chicken Curry with Broccoli & Rapid Rice

NEW

KID FRIENDLY



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Broccoli Florets

Diced Chicken





Spice Blend

Ginger Paste



Coconut Milk



Stock Powder



Pantry items

Olive Oil, Brown Sugar, Soy Sauce

Prep in: 15-25 mins Ready in: 15-25 mins

Eat Me Early



If you want your curry to stand out amongst the rest, a bit of ginger in a Southeast Asian flavourful coconut sauce will do the trick. The chicken and veggies will be that much tastier and everyone will be full and happy.

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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
carrot	1	2
broccoli florets	1 bag (200g)	1 bag (400g)
diced chicken	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
diced chicken**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2312kJ (553Cal)	450kJ (108Cal)
Protein (g)	45.9g	8.9g
Fat, total (g)	18.8g	3.7g
- saturated (g)	15.2g	3g
Carbohydrate (g)	74.1g	14.4g
- sugars (g)	8.1g	1.6g
Sodium (mg)	1285mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2969kJ (710Cal)	447kJ (107Cal)
Protein (g)	79.4g	12g
Fat, total (g)	21.2g	3.2g
- saturated (g)	16g	2.4g
Carbohydrate (g)	74.1g	11.2g
- sugars (g)	8.1g	1.2g
Sodium (mg)	1347mg	203mg

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.



Scan here if you have any questions or concerns

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Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes.
- · Drain and set aside.



Get prepped

 While rice is cooking, thinly slice carrot into half-moons. Cut any large broccoli florets in half.



Cook the chicken & veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook diced chicken, carrot and broccoli, tossing occasionally, until chicken is browned and cooked through, 5-7 minutes.
- Add ginger paste and Southeast Asian spice blend and cook until fragrant,
 1 minute.
- Add the coconut milk, chicken-style stock powder, the brown sugar, soy sauce and a splash of water. Cook until slightly thickened, 2-3 minutes.

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



Serve up

- Divide rapid rice between bowls.
- Top with Southeast Asian-style chicken curry. Enjoy!

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