



Quick Southeast Asian-Style Chicken Curry

with Broccoli & Rapid Rice

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Broccoli Florets



Diced Chicken



Ginger Paste



Southeast Asian Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Diced Chicken

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



Calorie Smart*
**Custom Recipe is not Calorie Smart*



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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

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 · 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.

We're here to help!

Scan here if you have any questions or concerns

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1



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.

3



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.

2



Get prepped

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

4



Serve up

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

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