

# Mild Sri Lankan Chicken Masala

with Basmati Rice & Roasted Cashews

**KID FRIENDLY** 

NEW

Grab your Meal Kit with this symbol





Basmati Rice



Capsicum

Baby Broccoli







Tomato Paste

Sri Lankan Spice Blend



Chicken-Style Stock Powder

Coconut Milk



Baby Spinach Leaves



Crushed Roasted Cashews

Pantry items

Olive Oil, Honey



Coriander

Prep in: 20-30 mins Ready in: 25-35 mins

11 Eat Me Early



over fluffy rice with fresh herbs and crunchy cashews. Oh, and how could we forget 4. Dig the heck in! **CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Ready to make restaurant-worthy chicken masala in your own kitchen in just about 25 minutes? It's as easy as: 1. Brown your

chicken. 2. Simmer it in a creamy sauce laced with aromatic Sri Lankan spices and umami-packed tomato paste. 3. Spoon it all



# 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 with a lid · Large frying pan

## Ingredients

| <u> </u>                      |                 |                                      |
|-------------------------------|-----------------|--------------------------------------|
|                               | 2 People        | 4 People                             |
| olive oil*                    | refer to method | refer to method                      |
| water*                        | 1½ cups         | 3 cups                               |
| basmati rice                  | 1 packet        | 1 packet                             |
| capsicum                      | 1               | 2                                    |
| baby broccoli                 | 1 bag           | 1 bag                                |
| chicken thigh                 | 1 small packet  | 2 small packets<br>OR 1 large packet |
| tomato paste                  | ½ packet        | 1 packet                             |
| Sri Lankan spice<br>blend     | 1 sachet        | 1 sachet                             |
| chicken-style<br>stock powder | 1 large sachet  | 2 large sachets                      |
| coconut milk                  | 1 medium packet | 2 medium packets                     |
| honey*                        | 1 tsp           | 2 tsp                                |
| baby spinach<br>leaves        | 1 medium bag    | 1 large bag                          |
| coriander                     | 1 bag           | 1 bag                                |
| crushed roasted cashews       | 1 packet        | 2 packets                            |
| chicken thigh**               | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3053kJ (730Cal) | 575kJ (137Cal) |
| Protein (g)      | 42.4g           | 8g             |
| Fat, total (g)   | 41.2g           | 7.8g           |
| - saturated (g)  | 20.5g           | 3.9g           |
| Carbohydrate (g) | 81.2g           | 15.3g          |
| - sugars (g)     | 12.5g           | 2.4g           |
| Sodium (mg)      | 1457mg          | 275mg          |

#### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3884kJ (928Cal) | 562kJ (134Cal) |
| Protein (g)      | 71g             | 10.3g          |
| Fat, total (g)   | 53.9g           | 7.8g           |
| - saturated (g)  | 24.4g           | 3.5g           |
| Carbohydrate (g) | 82g             | 11.9g          |
| - sugars (g)     | 12.6g           | 1.8g           |
| Sodium (mg)      | 1575mg          | 228mg          |

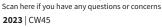
The quantities provided above are averages only.

# 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!





## Cook the rice

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

**TIP:** The rice will finish cooking in its own steam so don't peek! **Little cooks:** Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!



## Make the masala sauce

- Reduce heat to medium-high, then add a drizzle of **olive oil** and cook **capsicum** and **baby broccoli** until just tender, **5-6 minutes**.
- Add tomato paste (see ingredients) and Sri Lankan spice blend and cook until fragrant, 1 minute.
- Add chicken-style stock powder, coconut milk, the honey and a splash of water. Simmer until the sauce has thickened slightly, 3-4 minutes.
- Stir in baby spinach leaves until just wilted, 1 minute. Season to taste.

# Serve up

- Tear coriander leaves.
- Divide basmati rice between bowls. Top with mild Sri Lankan chicken masala.
- Garnish with coriander and crushed roasted cashews to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnishes!

# Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



# Cook the chicken

- While the rice is cooking, thinly slice **capsicum**. Cut **baby broccoli** into thirds. Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned **5-6 minutes**.

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