



# Mild Sri Lankan Chicken Masala

with Basmati Rice & Roasted Cashews

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Baby Broccoli



Chicken Thigh



Tomato Paste



Sri Lankan Spice Blend



Chicken-Style Stock Powder



Coconut Milk



Baby Spinach Leaves



Coriander



Crushed Roasted Cashews



Chicken Thigh

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

Eat Me Early

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 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.

### Pantry items

Olive Oil, Honey

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	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 OR 1 large packet
tomato paste	½ packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
chicken-style stock powder	1 large sachet	2 large sachets
coconut milk	1 medium packet	2 medium packets
<b>honey*</b>	1 tsp	2 tsp
baby spinach 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 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](https://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



2023 | CW45

1



## 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!

3



## 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.

2



## 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.

4



## 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](https://hellofresh.co.nz/rate)