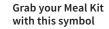


Comforting Indian Coconut Chicken Curry with Rapid Rice & Broccoli

KID FRIENDLY











Broccoli Florets

Diced Chicken



Mumbai Spice

Mild North Indian Spice Blend

Blend



Coconut Milk



Stock Powder



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

Eat Me Early



This creamy coconut chicken curry is like a golden sunset. Filled to the brim with bright veggies and a fragrant coconut sauce, we reckon this beaming bowl will add the spice you never knew you needed to your night.



Olive Oil, Brown Sugar

Pantry items

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
mild North Indian spice blend	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 small packet	2 small packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar* diced chicken**	1 tsp 1 packet	2 tsp 1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2369kJ (566Cal)	468kJ (112Cal)
Protein (g)	46g	9.1g
Fat, total (g)	18.7g	3.7g
- saturated (g)	15.3g	3g
Carbohydrate (g)	77.7g	15.4g
- sugars (g)	9.6g	1.9g
Sodium (mg)	1195mg	236mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3026kJ (723Cal)	461kJ (110Cal)
Protein (g)	79.5g	12.1g
Fat, total (g)	21.1g	3.2g
- saturated (g)	16g	2.4g
Carbohydrate (g)	77.7g	11.8g
- sugars (g)	9.6g	1.5g
Sodium (mg)	1256mg	191mg

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.



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



Make the curry

- 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 mild North Indian spice blend and Mumbai spice blend, then cook until fragrant, 1 minute.
- Add coconut milk, chicken-style stock powder and the brown sugar, then cook until thickened, 2-3 minutes.

Custom Recipe: If you've doubled your diced chicken, cook in batches for the best results. Return all chicken to the pan and continue as above.



Serve up

- Divide rapid rice between bowls.
- Top with Indian coconut chicken curry. Enjoy!



