



Comforting Indian Coconut Chicken Curry

with Rapid Rice & Broccoli

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Broccoli Florets



Diced Chicken



Mild North Indian Spice Blend



Mumbai 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

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.

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

Pantry items

Olive Oil, Brown Sugar

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*	1 tsp	2 tsp
diced chicken**	1 packet	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.

1



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.

3



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.

2



Get prepped

- While the 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 Indian coconut chicken curry. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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