



Easy Southeast Asian Chicken & Veggie Curry

with Broccoli & Rapid Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Broccoli Florets



Bamboo Shoots



Chicken Breast



Ginger Paste



Southeast Asian Spice Blend



Light Coconut Milk



Chicken-Style Stock Powder



Chicken Breast

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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)
bamboo shoots	½ tin	1 tin
chicken breast	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
light coconut milk	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2448kJ (585Cal)	385kJ (92Cal)
Protein (g)	46.4g	7.3g
Fat, total (g)	21.8g	3.4g
- saturated (g)	16g	2.5g
Carbohydrate (g)	76.3g	12g
- sugars (g)	8.2g	1.3g
Sodium (mg)	1328mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3193kJ (763Cal)	401kJ (96Cal)
Protein (g)	79.5g	10g
Fat, total (g)	27g	3.4g
- saturated (g)	17.6g	2.2g
Carbohydrate (g)	77.1g	9.7g
- sugars (g)	8.3g	1g
Sodium (mg)	1428mg	179mg

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 **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 **light coconut milk, bamboo shoots, 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 chicken breast, cook chicken in batches for the best result.

2



Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons. Cut any large **broccoli florets** in half. Drain **bamboo shoots** (see ingredients).
- Cut **chicken breast** into 2cm chunks.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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