



# Fragrant Satay Chicken & Veggie Curry

with Rapid Rice

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Broccoli Florets



Diced Chicken



Curry Powder



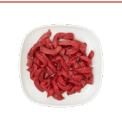
Peanut Butter



Coconut Milk



Chicken-Style Stock Powder



Beef Strips

Prep in: 10-20 mins  
Ready in: 25-35 mins

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Eat Me Early

A satay chicken curry, it has our hearts fluttering and our mouths watering as the hearty curry aromas sweep the kitchen. On a bed of fluffy rice, we're head over heels for this curry!

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

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

## 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
<b>olive oil*</b>	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
curry powder	1 sachet	2 sachets
peanut butter	1 packet	2 packets
coconut milk	1 packet (180ml)	1 packet (400ml)
chicken-style stock powder	1 medium sachet	1 large sachet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	¼ cup	½ cup
<b>white wine vinegar*</b>	1 tsp	2 tsp
beef strips**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	510kJ (122Cal)
Protein (g)	49.5g	9.5g
Fat, total (g)	25.5g	4.9g
- saturated (g)	16.1g	3.1g
Carbohydrate (g)	75.8g	14.5g
- sugars (g)	10.2g	2g
Sodium (mg)	976mg	187mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2796kJ (668Cal)	564kJ (135Cal)
Protein (g)	44.8g	9g
Fat, total (g)	31.5g	6.3g
- saturated (g)	18.7g	3.8g
Carbohydrate (g)	75.8g	15.3g
- sugars (g)	10.2g	2.1g
Sodium (mg)	965mg	195mg

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

2024 | CW03



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

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Reduce heat to medium, then add **curry powder**, **peanut butter**, **coconut milk**, **chicken-style stock powder**, the **soy sauce**, **brown sugar** and the **water**. Simmer, stirring, until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then return **veggies** to the pan with the **white wine vinegar**, and stir to combine. Season to taste.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** If you've swapped to beef strips, discard any liquid from beef strips packaging. Heat the frying pan like above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with step, and return beef to the pan along with veggies.

2



## Cook the veggies

- Meanwhile, slice **carrot** into half-moons.
- Cut any larger **broccoli florets** in half.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **carrot**, tossing, until tender, **6-8 minutes**. Transfer to a bowl.

4



## Serve up

- Divide rapid rice between bowls.
- Top with satay chicken and veggie curry. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)