



Mild Sri Lankan Chicken Masala

with Basmati Rice & Roasted Cashews

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
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
capsicum	1	2
baby broccoli	½ 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
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
coriander	½ 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 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 | CW05

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** (see ingredients) 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** (see ingredients) 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