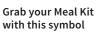


Hearty Moroccan Chicken & Veggie Curry with Basmati Rice & Coriander

NEW

CLIMATE SUPERSTAR













Chicken Drumstick



Tomato Paste





Chermoula Spice Blend





Baby Spinach Leaves

Coconut Milk



Coriander





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

Eat Me Early



Enjoy the medley of fragrant flavours in this Moroccan-spiced curry with a gentle warming heat. Make it a low fuss meal that doesn't sacrifice on flavour with chermoula chicken adding to the creamy roast veggie curry sauce.

Pantry items Olive Oil

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

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 packet	1 packet		
carrot	1	2		
chicken drumstick fillet	1 packet	1 packet		
tomato paste	1 packet	2 packets		
chermoula spice blend	1 medium sachet	1 large sachet		
Moroccan curry paste	1 medium packet	1 large packet		
coconut milk	1 medium packet	2 medium packets		
water*	1/4 cup	½ cup		
baby spinach leaves	1 medium bag	1 large bag		
coriander	½ bag	1 bag		
Greek-style yoghurt**	1 medium packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	499kJ (119Cal)
Protein (g)	38.9g	7.8g
Fat, total (g)	23.9g	4.8g
- saturated (g)	16.5g	3.3g
Carbohydrate (g)	81.5g	16.3g
- sugars (g)	13.2g	2.6g
Sodium (mg)	1280mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	487kJ (116Cal)
Protein (g)	41.8g	7.6g
Fat, total (g)	26.3g	4.8g
- saturated (g)	17.9g	3.2g
Carbohydrate (g)	87.7g	15.9g
- sugars (g)	16.1g	2.9g
Sodium (mg)	1308mg	237mg

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.



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.



Get prepped

- Meanwhile, thinly slice carrot into rounds.
- Cut chicken drumstick fillet into 2cm chunks.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
 hot, cook chicken and carrot, tossing occasionally, until browned and
 cooked through, 5-6 minutes.



Make the curry

- Add tomato paste, chermoula spice blend and Moroccan curry paste, and cook until fragrant, 1-2 minutes.
- Reduce heat to medium, add coconut milk and the water. Bring to a simmer and cook until slightly reduced, 2-3 minutes.
- Remove pan from the heat, then stir in **baby spinach leaves** until wilted.



Serve up

- · Divide basmati rice between bowls.
- Top with Moroccan chicken and veggie curry.
- Tear over coriander (see ingredients) to serve. Enjoy!

Custom Recipe: If you've added Greek-style yoghurt, dollop over the curry to serve.



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