



# Hearty Moroccan Chicken & Veggie Curry

with Basmati Rice & Coriander

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Chicken Drumstick Fillet



Tomato Paste



Chermoula Spice Blend



Moroccan Curry Paste



Coconut Milk



Baby Spinach Leaves



Coriander



Greek-Style Yoghurt

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

Calorie Smart

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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	¼ 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](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 | CW06



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



## 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.

2



## 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**.

4



## 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.

## Rate your recipe

Did we make your tastebuds happy?

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