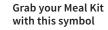


Mild Coconut Chicken & Baby Broccoli Curry

with Jasmine Rice & Roasted Cashews

KID FRIENDLY











Baby Broccoli



Chicken Thigh





Tomato Paste



Chicken-Style



Coconut Milk

Sri Lankan

Spice Blend

Stock Powder





Baby Leaves



Coriander

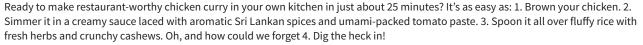


Crushed Roasted Cashews





Eat Me Early



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
refer to method	refer to method
1¼ cups	2½ cups
1 medium packet	1 large packet
1	2
½ medium bunch	1 medium bunch
1 medium packet	2 medium packets OR 1 large packet
½ packet	1 packet
1 medium sachet	1 large sachet
1 large sachet	2 large sachets
1 medium packet	2 medium packets
1 tsp	2 tsp
1 medium packet	1 large packet
1 packet	1 packet
1 packet	2 packets
1 medium packet	2 medium packets OR 1 large packet
	refer to method 11/4 cups 1 medium packet 1 1/2 medium bunch 1 medium packet 1/2 packet 1 medium sachet 1 large sachet 1 medium packet 1 tsp 1 medium packet 1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2918kJ (697Cal)	550kJ (131Cal)
Protein (g)	48.3g	9.1g
Fat, total (g)	31.6g	6g
- saturated (g)	17.6g	3.3g
Carbohydrate (g)	82.1g	15.5g
- sugars (g)	13.3g	2.5g
Sodium (mg)	1459mg	275mg
Custom Posino		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3796kJ (907Cal)	617kJ (147Cal)
Protein (g)	69.7g	11.3g
Fat, total (g)	53.8g	8.7g
- saturated (g)	24.5g	4g
Carbohydrate (g)	79g	12.8g
- sugars (g)	9.6g	1.6g
Sodium (mg)	1573mg	256mg

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





Cook the rice

- In a medium saucepan, add the water and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10-15 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!



Make the curry 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 leaves** until just wilted, **1 minute**. Season to taste.

Custom Recipe: Return all chicken to pan before adding capsicum and baby broccoli.



Cook the chicken

- While the rice is cooking, thinly slice **capsicum**. Cut **baby broccoli** 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 best results.



Serve up

- Divide basmati rice between bowls. Top with mild coconut chicken and baby broccoli curry.
- Tear over coriander and crushed roasted cashews to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnishes!