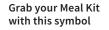


Golden Chicken Curry & Jasmine Rice

with Zingy Cucumber & Radish

NEW

















Chicken Breast









Katsu Paste

Coconut Milk





Chicken-Style Stock Powder

Jasmine Rice





Cucumber

Radish



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



A curry is the perfect meal to warm you up when the weather starts to cool down. This one is filled to the brim with hearty veggies, juicy chicken and a coconut katsu sauce. We reckon this beaming bowl will add the spice you never knew you needed to your night!

Pantry items

Olive Oil, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
curry powder	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
radish	1	2
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (640Cal)	391kJ (93Cal)
Protein (g)	50.6g	7.4g
Fat, total (g)	21.8g	3.2g
- saturated (g)	15.5g	2.3g
Carbohydrate (g)	87.1g	12.7g
- sugars (g)	10.1g	1.5g
Sodium (mg)	1184mg	173mg
Dietary Fibre (g)	10.4g	1.5g
Custom Recipe		

Per Serving Per 100g Energy (kJ) 3447kJ (824Cal) 400kJ (96Cal) Protein (g) 10.4g Fat, total (g) 2.9g 16.5g 1.9g - saturated (g) Carbohydrate (g) 88.1g 10.2g - sugars (g) 10.3g 1.2g Sodium (mg) 1319mg 153mg Dietary fibre 10.4g 1.2g

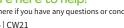
The quantities provided above are averages only.

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





Get prepped

- · Boil the kettle. Cut potato and carrot into bite-size chunks.
- Spread **potato** and **carrot** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, 4-5 minutes.
- Cut chicken breast into 2cm chunks. In a medium bowl combine curry powder and a drizzle of olive oil. Add chicken, tossing to coat.

TIP: The veggies will continue cooking in step 2!

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl and cook in batches for best results.



Make the rice

- Meanwhile, half-fill a medium saucepan with boiling water.
- Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- · Drain, rinse with warm water and set aside.



Make the curry

- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook chicken, potato and carrot, tossing occasionally, until browned and chicken is cooked through, 4-5 minutes.
- Add katsu paste, coconut milk, chicken-style stock powder and the water, and bring to the boil.
- Reduce heat to medium and simmer, stirring occasionally, until veggies are tender, 9-10 minutes.



Serve up

- Thinly slice **cucumber** and **radish**. In a medium bowl combine cucumber, radish, the **sesame oil** and a drizzle of **vinegar**. Season to taste.
- Divide jasmine rice between bowls and top with golden chicken curry.
- Serve with zingy cucumber and radish salad. Enjoy!



